

# all you

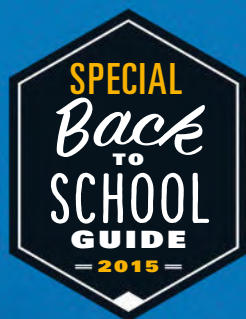


Enjoy life for less!

ISSUE 9, SEPTEMBER 2015

## be a SMARTER GROCERY SHOPPER

10 TIPS *You Need to Know*



GEAR UP!  
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TO SHOP. SEE PAGE 2  
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LUNCH BOX  
IDEAS

Quick  
+ Easy  
Weeknight  
Meals

Streamline  
Household  
Chores

Find Jeans  
That Flatter  
Your Body



# HALLOWEEN FUN

CUTE  
PROJECTS  
FOR YOU  
AND THE  
KIDS

STARTS  
ON PAGE  
8



MUST READ

## MEDICAL BILLS DECODED— *Don't Pay What You Don't Owe*





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PUMPKIN  
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YOUR KIDS



# EXCLUSIVE WAYS TO SAVE

## ➔ 1 IN PRINT

Scan for bargains on products and recipe ingredients. Use your smartphone to scan product photos on specially marked pages to purchase items you like. You also can scan recipe photos, then organize menus, create a shopping list and find nearby bargains on ingredients. Here's how to do it:

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### FIND OUR COVER STORIES



### CREATE A CUTE PAIR

Check out the cat-and-mouse game we've put together for Halloween this year. See page 8 for instructions and other great pumpkin crafts.

COVER PHOTO: JONNY VALIANT, STYLING: BLAKE RAMSEY



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September 2015. All You (ISSN 1550-6924) is published monthly by Time Inc. Principal Office: Time & Life Building, Rockefeller Center, New York, NY 10020-1393. Periodicals postage paid at New York, N.Y., and at additional mailing offices. U.S. subscriptions: \$26.88 for one year.

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## THANKS TO ALL THE READERS WHO HELPED CREATE THIS ISSUE



**Marissa Adams, 37**  
LOUISVILLE, KY.

*The new Stephen King novel is a captivating read, Marissa says.*

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**Jennifer Battaglini-Raser, 43**  
WHEATLAND, WYO.

**Rachel Bingman, 35**  
BROOKLYN, N.Y.

**Rebecca Deem, 37**  
NEW CASTLE, DEL.



**Becky Hutcheson, 43**  
BROOKLYN, N.Y.

*Becky's teamwork strategies cut down on youth soccer costs.*

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**Sarah McFarland, 39**  
RAYMOND, MAINE

**Ann Meenan, 82**  
BELAIR, MD.



**Julia Nation, 73**  
HUMBLE, TEXAS

*Julia tweaked an ALL You craft to make gifts for her grandkids.*

**PAGE 6**

**Michelle Sathé, 46**  
CANYON COUNTRY, CALIF.

**Sandy Weinstein, 62**  
WAKE FOREST, N.C.

## from the EDITOR

Some people resolve to get all their ducks in a row in January. I feel inspired to do it as summer is winding down and the school year is gearing up. Everything doesn't always go as smoothly as I wish—what does? But it's nice to kick off the season with a game plan.

I start by implementing new routines—like the ones starting on page 76—to help everyone get back in the swing. I try out a few new family-friendly recipes to put in the weekly rotation (be sure to check out the chicken dishes starting on page 44 if you need ideas), and I clean out my closet in anticipation of fall purchases. A pair of “non-mom” jeans is on my list, and I've found lots of good advice in our “Find Your Most Flattering Jeans” story on page 19.

Of course I'm also buying stuff for my kids, and I was delighted that our cool new mobile shopping tool identifies the best back-to-school items out there. The backpack selection for teenage girls was fantastic, so I nabbed one for my daughter. Get the tool on your phone by scanning the cover or the specially marked photos on pages 37, 60, 77 and 82 (see page 2 for details on scanning). We also have links to it on allyou.com. Or use this address: allyou.com/back-to-school-shopping. Happy hunting!



**Clare McHugh, editor**  
clare@allyou.com

Clare

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From the  
September  
2014 issue

Find the  
instructions  
at [allyou.com/homemade-hug](http://allyou.com/homemade-hug), or get them by scanning the photo at left. (See page 2.)



## ORGANIZING

“Keep homework time efficient by loading up canning jars with school supplies and placing them in a cutlery caddy. It’s so convenient, since a jar can be removed and brought somewhere else for another project.”

—Becky Rapinchuk, [cleanmama.net](http://cleanmama.net)



## CRAFT

“Make a dish-soap version of Silly Putty. Mix 2 tablespoons of cornstarch with 1½ tablespoons of dish soap. If it’s runny, add more cornstarch. If it’s dry, add more dish soap.”

—Kelly Dixon, [smartschoolhouse.com](http://smartschoolhouse.com)

# ‘I made it!’

*Send a homemade hug*

### ‘MY REVIEW’

“I’m always looking for things to mail to my grandkids to let them know they are loved. I was very happy with how these turned out, and I think my grandchildren enjoyed receiving them, too.”

### ‘MY TWEAK’

“Instead of colored paper, I used sheets of craft foam for the hands and hearts to make them more durable. I also added photos of each grandchild on the left hand and a photo of me on the right hand.”

### ‘MY TIP’

“The instructions say to use one 30” piece of ribbon, but I found it easier to use short lengths to connect each piece. Be sure to knot the ribbon on the ‘wrong’ side—the side without any writing or photos.”

*“Stringing hands and hearts together is such a nice idea. This is a great item for grandparents to send to their grandchildren—especially if they live far away, like mine do.”*

Julia Nation, 73, Humble, Texas



## QUESTION WHAT’S YOUR MOST AMAZING SECONDHAND FIND?

“Anything at the Goodwill ‘Pay by the Pound’ outlets. I get Vera Bradley bags, brand-new shoes, and even a drawing tablet for my daughter that retails for \$155—all for 99 cents a pound.”

—Rebecca Deem, 37, New Castle, Del.

“I found a new pair of Finn Comfort shoes at my local thrift store for \$7. I went to their website, and the exact pair retails for \$235!”

—Jennifer Battaglini-Raser, 43, Wheatland, Wyo.



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# HAUNT *YOUR* HOUSE

Get in the Halloween spirit with startlingly cute pumpkin crafts that are fun to make

## STACK 'EM UP

**Step 1** Cut stems off pumpkins. Cut a hole in bottom of each pumpkin and use spoon to hollow out.

**Step 2** For eye sockets: Draw two circles on a pumpkin, slightly smaller than the diameter of a table tennis ball and about 2" apart. (A lid of a small jar works as a template.) Cut out circles using carving knife. Repeat on each pumpkin. Outline each socket with burgundy paint, and paint each socket's inside rim.

**Step 3** For teeth: Paint one side of craft sticks, including rounded edges, white. Allow to dry. Measure and mark approximately 1" from rounded end of each craft stick, making some slightly shorter and others slightly longer. To cut, score across stick several times with a craft knife, then snap at scored line. Use scissors to trim splintered ends. On each pumpkin, mark line where mouth will be with pencil. Starting with smallest pumpkin, glue a pair of craft-stick pieces so they meet at center of mouth, rounded edges pointing down. Glue one more piece on each side of first pair. Glue an orange pipe cleaner along straight

edge of teeth. Follow same instructions on largest pumpkin, but add two pairs of craft-stick pieces for a total of eight teeth. For medium pumpkin, follow same instructions but with six teeth pointing up. Overlap some teeth and make some crooked.

**Step 4** Use marker to draw a black pupil on each ball. Working from inside of pumpkin, pop balls into sockets. Each pair of pupils should be lined up, but each pumpkin can look in a different direction. Secure each ball with a dab of glue, if necessary.

**Step 5** For mustache, bend a black pipe cleaner; glue to medium pumpkin. For eyebrows, cut two pieces of black pipe cleaner and bend each in middle. Glue above eyes on large pumpkin. Stack pumpkins, with largest on bottom and smallest on top. Glue together. Add top hat.

### MATERIALS

- Carving knife
- 3 pumpkins in graduated sizes
- Large spoon
- Pencil
- Ruler
- Paintbrushes: 1 round, 1 flat
- Acrylic paint in burgundy and white
- 8 wood craft sticks, 3/8" W (michaels.com)
- Craft knife
- Scissors
- Glue gun
- Pipe cleaners: 3 orange, 2 black
- Black felt-tip marker
- 6 table tennis balls
- Top hat (orientaltrading.com)







## CARVE A CAT-O'-LANTERN

### MATERIALS

- Carving knife
- Pumpkin
- Paintbrush
- Black paint
- Cat ear templates (print out from [allyou.com/cat-lantern](http://allyou.com/cat-lantern))
- 1 sheet black craft foam
- 1 sheet pink felt
- Butter knife
- Felt or craft glue
- Books (to use as weights)
- T-pins
- Pink pipe cleaners

**Step 1** Cut hole in bottom of pumpkin and hollow out.

**Step 2** Paint pumpkin black. Allow to dry.

**Step 3** Carve a catlike face, using this photograph as a guide.

**Step 4** Place outer ear template on craft foam and trace around; repeat. Cut

out. Snip along vertical line (marked on template). Place ears on work surface so tips point away from each other. On backside of each ear, use butter knife to score across dotted line (see template). Place inner ear template on pink felt; trace around twice. Cut out. Glue

inner ears to front of outer ears. Weigh down ears with books and allow to dry.

**Step 5** Fold tab of one ear back; pinch along tab line so ear puckers. Use T-pins to secure to pumpkin. Repeat with other ear. Glue two pipe-cleaner whiskers on each side of nose.



# PLAY CAT AND MOUSE

## MATERIALS

Carving knife

3 pumpkins—one oblong for cat's body, one round for cat's head and one tiny for mouse

Spoon

Scissors

Black doily (at Michaels)

Round paper punches,  $\frac{3}{8}$ " and  $\frac{3}{4}$ "

Scrapbook paper, 1 sheet each in black, white and orange, plus several sheets black-and-white patterned (at Michaels)

Glue

Tape

Templates (print out from [allyou.com/cat-and-mouse](http://allyou.com/cat-and-mouse))

Pencil

Black felt-tip marker

Orange pipe cleaner

**Step 1** Cut hole in bottom of round (head) pumpkin; use spoon to hollow out. Use knife to cut stem off body pumpkin.

**Step 2** With scissors, cut two almond-shape arcs out of doily, about 3" wide. Cut a portion of lacy edge off each arc, so pieces have embellishments in

outer corners only. Punch a hole in center of each piece with  $\frac{3}{4}$ " hole punch. Cut two small pieces of white paper to place behind holes. Cut two almond-shape pupils out of black paper. Glue pupils to white paper, then tape white paper to back of each doily piece, positioning pupils vertically. Glue doily pieces to front of pumpkin so corners meet in middle.

**Step 3** Place cat ear and tail templates on patterned paper. Trace around ear template (make two) and tail template. Cut out. Set tail aside. Snip vertical line on each ear. Fold tabs on each ear forward. Glue ears on either side of stem.

**Step 4** Cut a black triangle for nose; a white anchor shape for mouth; and four thin whiskers from patterned paper. Glue features to front of head.

**Step 5** Glue head pumpkin to body pumpkin. Cut strip of patterned paper, about  $\frac{1}{2}$ " wide, and glue around neck as a collar; tape ends in back. Glue tail to back of body pumpkin.

## THE MOUSE

**Step 1** Using templates, cut two ears out of orange paper and two inner ears plus the mask out of patterned paper. Snip vertical line on each ear. Glue inner ears to outer ears. Curve them forward. Glue an ear to each side of stem.

**Step 2** Punch two eye holes in mask, using  $\frac{3}{8}$ " punch. Tape a small piece of white paper behind each eye hole. Draw pupils with marker. Use  $\frac{3}{8}$ " punch to cut circle out of black paper for nose. Cut a small rectangle out of white paper for tooth. Glue all pieces to pumpkin. Tape orange pipe cleaner to back of pumpkin for tail.





# GO BATTY

## MATERIALS

- 1 Fun-Kin artificial pumpkin, medium to large (funkins.com)
- Carving knife
- Paintbrush
- Paint (acrylic craft paint or latex wall paint) in yellow, navy blue and black
- Twigs (from the yard)
- Small scrap of Styrofoam
- Bat templates (print out from [allyou.com/bats](http://allyou.com/bats))
- 1 sheet black craft foam
- Pencil
- Scissors
- Butter knife
- Darning needle
- Monofilament
- Tape
- Glue gun
- Craft glue
- Plate
- Artificial moss
- Chopsticks or long tweezers
- Orange LED lamp (amazon.com)

**Step 1** Choose a front face of Fun-Kin and carve a large “window” in it.

**Step 2** On inside back wall of Fun-Kin, paint a large yellow circle for moon. Let dry. Paint a navy blue sky around moon. Paint inner edges of window black. Let dry.

**Step 3** Insert twigs in Styrofoam to make painting them easier. Paint twigs black. Let dry.

**Step 4** Place templates on craft foam. Trace around; cut out. Use butter knife to lightly score them along spine. Thread needle with monofilament; knot at end. Poke needle

through center of bat and pull monofilament through until knot catches on craft foam. Poke needle through Fun-Kin from inside to outside, pulling until bat is hanging where you want it. Tape monofilament in place on outside of Fun-Kin, leaving several inches of excess. Remove needle and repeat for each bat, poking needle through at different points along fold (this will make them hang at different angles). **Step 5** Use glue gun to secure ends of twigs to Fun-Kin “floor,” leaving bats enough space to dangle freely.

**Step 6** Add moss: Squeeze a blob of craft glue onto plate. Pick up a small clump of moss with chopsticks, dip bottom of moss in glue, then place it on Fun-Kin floor. Repeat, adding small clumps of moss until floor is covered. Be careful not to cover hole where light will go. Let dry.

**Step 7** Adjust bats by pulling or lowering filament. When they are properly positioned, use glue gun to secure filament to outside of Fun-Kin.

**Step 8** Place light inside, running cord, if any, through hole in bottom of Fun-Kin.





## DRILL, BABY, DRILL

### MATERIALS

- Carving knife
- Pumpkin
- Spoon
- Pencil and eraser
- Pushpin
- Power drill
- Drill bits in various sizes (we used  $\frac{1}{16}$ ",  $\frac{3}{32}$ ",  $\frac{9}{64}$ ",  $\frac{7}{32}$ ",  $\frac{15}{64}$ " and  $\frac{21}{64}$ ")
- 2 LED votives

**Step 1** Carve a hole in bottom of pumpkin and hollow out with spoon.

**Step 2** Lightly pencil a face on front of pumpkin. Make dots to indicate where you want drilled holes to be, keeping in mind the size of the drill bit you plan to use and leaving enough space in between.

Use a pushpin to mark center of each dot (this will help guide drill). You can experiment with using different bit sizes—make enough larger holes to let plenty of light through.

**Step 3** Erase pencil lines. Drill holes, using pushpin piercings as starter holes.

**Step 4** Use LED votives to illuminate pumpkin.







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## SEND A MESSAGE

### MATERIALS

- Black paint
- Paintbrush
- 3 pumpkins
- White paint marker (at Michaels)

**Step 1** Paint pumpkins; let dry. Apply a second coat; let dry.

**Step 2** For each pumpkin, use paint marker to write a word across center. You might find it easiest to rest pumpkin in your lap and turn it slightly as you do each letter. You may leave a gap in your lines at pumpkin's creases.

**Step 3** Draw scroll-like decorations on each pumpkin. Be careful where you rest your hand as you draw—it's easy to smudge lines that are still wet.





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5 ways to treat yourself this month

## 1 READ IT



### A WINDOW OPENS

BY ELISABETH EGAN

Alice Pearse is a mother of three and a part-time magazine editor. When her husband, Nicholas, abruptly leaves his high-powered law firm, she takes what looks like her dream job, curating books for an edgy mega-retail company. But life turns less than rosy, as both she and Nicholas navigate a rocky transition and Alice's father faces a cancer recurrence.

Fizzy, funny and deeply heartfelt, *A Window Opens* will satisfy fans of *I Don't Know How She Does It* and ring true for anyone who knows as many Rainbow Loom patterns as she does Excel shortcuts.



Kingsley and Clarkson

## 2 SEE IT

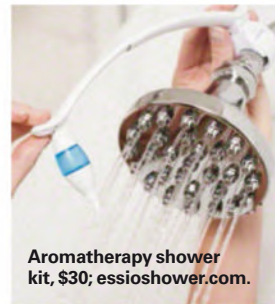
### LEARNING TO DRIVE

Book critic Wendy (Patricia Clarkson) has never learned to drive. After all, she lives in no-car-necessary Manhattan. But when her husband takes off with another woman, Wendy realizes she needs to move forward. So she starts taking driving lessons from an Indian instructor (Ben Kingsley), who is about to enter an arranged marriage. They have a lot to learn from each other. Opens Aug. 21. (R)

## 3 USE IT

### AROMATHERAPY SHOWER KIT

Treat yourself to a spa experience in your own bathroom with this essential-oil diffuser. Just attach the apparatus to your showerhead and insert a pod. As you shower, the scented oils are released into the water, leaving you feeling relaxed, refreshed and ready to meet the day.



Aromatherapy shower kit, \$30; [essioshower.com](http://essioshower.com).

## 4 READ IT

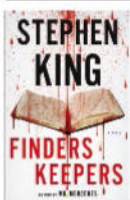
### READER REVIEW:

### FINDERS KEEPERS

BY STEPHEN KING

*"A boy stumbles upon a buried trunk left behind from a violent crime committed decades earlier, in which a famous writer was murdered. Inside, he finds cash and treasure. Meanwhile, the murderer is about to get out of prison and is intent on reclaiming the trunk's contents. A deadly game of cat and mouse ensues between an obsessed killer and a young man who wanted only to help his family. Finders Keepers grabs hold of you from the first chapter and keeps you guessing until the climax. The second book in a trilogy, it leaves you eager to read the final installment."*

—Marissa Adams, 37, Louisville, Ky.



## 5 WATCH IT

### CINDERELLA

This live-action version of the classic fairy tale was a box-office hit when it came out this year. Now, with the release of the DVD, you can enjoy it again and again. Cinderella (Lily James) finds her prince (Richard Madden), and after some serious shoe issues, they live happily ever after. Cate Blanchett portrays her nasty—but well-dressed!—stepmother, and Helena Bonham Carter co-stars as the ditzzy Fairy Godmother. Available Sept. 15. (PG)



James





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FIND  
YOUR  
MOST  
FLATTERING

# JEANS

*AS THE FOLLOWING FIVE WOMEN  
PROVE, NO MATTER WHAT  
YOUR BODY TYPE, THERE'S A PAIR  
(or two or three) OUT THERE  
SURE TO BECOME YOUR  
TRUE-BLUE FAVORITE*



Curvy **Celea Turcios** AGE: 28

“I have thighs and a booty, so I prefer stretchy jeans that fit my curves and won't gap at the waist. But nothing too tight—I don't want to show too much!”

#### WHY THEY WORK

The midrise boot-cut style serves to balance out full legs and hips while preventing spillover at the waist.

Curvy boot-cut jeans, Signature by Levi Strauss and Co., regular, short and long sizes 4–20, \$20; walmart.com.

#### STYLE TIP

A simple top in a slightly lighter shade than the bottom helps establish a lean line.

Scoop-neck top with beading, Roaman's, sizes 14W–34W, \$50; fullbeauty.com.



#### STYLE TIP

Sexy heels make legs seem longer.

Cecelia booties, Bongo, sizes 5½–10, 11, \$50; sears.com.



#### «also try JEGGINGS

This pull-on style has a faux fly and no pockets, so there's nothing to add bulk.

Comfort-waist jeggings, DG2 by Diane Gilman, sizes XS–3X, \$55; hsn.com.

#### also try» STRAIGHT

The medium rise helps keep you covered, and the back-pocket placement is designed to be slimming.

Heavenly Touch leggings, Riders by Lee, sizes 6M–18M, \$20; walmart.com.



## ALL YOU READERS ♥ JEANS!

Some women are opting for activewear over denim, statistics show, but...

80%

of readers say they're wearing jeans at least as often as they did in previous years.

### 'WHERE I WEAR MY JEANS'



### DENIM BY THE NUMBERS

1.24 billion

Pairs of jeans that are sold worldwide, annually

\$8.5 billion

About the amount women spend on denim annually

\$45.32

Average price of jeans sold in the United States

96%

Percentage of American consumers who own jeans

7

Average number of pairs owned by U.S. women



Source: Statistic Brain Research Institute



Plus-size **Michelle Ogden** AGE: 44

“I like my body—it’s relatively proportional. I just wish everything were a little smaller! And I am self-conscious of my belly. Jeans that sit just a little below my natural waist work best. Too low and I have a muffin-top.”

#### WHY THEY WORK

You might not think to wear skinny jeans if you are plus-size, but this pair has just the right amount of stretch to fit and flatter an ample bottom half.

Skinny jeans, Ava and Viv, sizes 14W–24W, \$30; target.com.

#### IT'S NOT ABOUT THE BENJAMINS

How do you choose jeans? For 82 percent of you, the fit is more important than the price.

#### STYLE TIP

A longer top helps camouflage the belly and hips.

Asymmetrical long-sleeve top, Ava and Viv, sizes X–4X, \$22; target.com.

#### «also try STRAIGHT

This midrise pair is cut slightly higher in the back, providing extra coverage. Slim straight jeans, Sonoma Life and Style, sizes 16W–24W, \$48; kohls.com.

#### also try» SLIM BOOT-CUT

The padded waistband doesn’t dig in. The fuller leg creates a clean silhouette.

Samantha slim boot-cut jeans, Riders by Lee, sizes 16W–26W, \$20; at Walmart.

#### STYLE TIP

A long scarf around the neck draws the eye upward.

Textured Lurex scarf, \$30; lanebryant.com.

#### STYLE TIP

A motorcycle jacket lends some edge.

Faux-leather moto jacket, Ava and Viv, sizes X–4X, \$45; target.com.



SCAN MICHELLE'S PHOTO TO SHOP THESE PAGES. See page 2.

Norvin flats, Nine West, sizes 5–11, \$59; 6pm.com.

## YOUR SHAPE BY THE NUMBERS

What's your body type? Find the best fit for your figure.

**46%**  
of you are **CURVY**

Full in the hips and thighs, smaller in the waist

#### WHERE TO SHOP

hsn.com (DG2 by Diane Gilman), Kohl's, Old Navy (sweetheart/flirt cuts)

**26%**  
of you are **PLUS-SIZE**

Size 16 and larger

#### WHERE TO SHOP

JCPenney (Lee, Levi's, Gloria Vanderbilt), miraclebody.com, Target (Ava and Viv), torrid.com

**16%**  
of you are **PETITE**

5'4" and shorter

#### WHERE TO SHOP

Gap, JCPenney, Loft

**6%**  
of you are **TALL**

5'10" and up

#### WHERE TO SHOP

Banana Republic, Gap, longtallsally.com

**6%**  
of you are **BOYISH**

Flat in the rear and a straight silhouette

#### WHERE TO SHOP

gojane.com (high-waist jeans), Kohl's



Petite **Lisa Lombardi** AGE: 47

**“I am 5 feet 1, and I don’t have a lot of curves. So I need straight-cut jeans; otherwise they gap in the waist. And unless I buy a cropped style, I have to hem things.”**

### WHY THEY WORK

These skinny jeans hit just below Lisa’s navel, making her look taller and faking some curves.

Super skinny patchwork jeans, Hollister, sizes 00–15, \$25; hollisterco.com. Skinny faux-leather belt, sizes XS/S, S/M, M/L, \$4; forever21.com.



### « also try BOYFRIEND

This slouchy style bulks up a tiny frame. The whiskering makes hips look wider. And because the jeans are petite, the proportions don’t overwhelm.

Sexy boyfriend jeans, sizes 24–35, \$80; gap.com.

### also try» JEGGINGS

These give a “ruler” figure some help. The built-in panels add lift to the rear end.

Buty Lift jeggings, Democracy, missy sizes 2–16, \$68, and plus sizes 14–24, \$78; dillards.com.



### STYLE TIP

Roll up the sleeves on the shirt and jacket so your arms look longer.

Long-sleeve button-front shirt, Mossimo, sizes XS–XL, \$23; target.com.

Twill shirt jacket, Hollister, sizes XS–L, \$60; hollisterco.com.

### WHY THEY WORK

The many distressed details lend fullness to the legs.



SCAN  
LISA’S PHOTO  
TO SHOP  
THIS PAGE.  
See page 2.

### STYLE TIP

Neutral-tone shoes appear to make the legs look longer.

Catchme heels, Nine West, sizes 5–11, \$89; 6pm.com.

## HEMMING TRICKS AND TIPS

Shorten your jeans in an instant using these clever ideas.

### TEMPORARY

Fold jeans under and secure with toupee tape (Topstick, \$9 for 50 strips; amazon.com). This works best on narrow-leg jeans.

### PERMANENT

Fold jeans under and apply fabric glue (Aleene’s No-Sew, \$7 for 4 oz.; amazon.com). This works best if the current hem needs just one fold to be right.

## MASTER THE ART OF THE CUFF



**step 1** Fold the hem up about 2½", ensuring the folded edge is even all the way around.



**step 2** Fold the bottom edge up so it conceals the hemmed edge.



**step 3** Check the cuff to make sure it’s even. Want something a bit less rigid? Pull a bit of fabric from the top of the cuff; pinch the fold to gather it up.



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BETTER-LOOKING  
SKIN IN 3 WEEKS.**



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Boyish **Jeannie Kim** AGE: 41

“My issue is I am tall with narrow hips and no butt. I’m basically straight up and down. Finding jeans that fit in the waist without being too baggy in the hips and butt is a challenge.”

#### WHY THEY WORK

The high rise carves out a few curves. Wide-leg jeans, Abercrombie and Fitch, sizes 00–14, \$39; abercrombie.com.

#### WHY THEY WORK

The wide legs of this flare-cut pair lend heft to a thin frame. The lighter wash helps as well.



Lira Shooties, Simply Vera/Vera Wang, sizes 5–10, \$90; kohls.com.



#### also try^ BOOT-CUT

Note the whiskering and the fading on the thighs—both of which make legs look fuller. Boot-cut jeans, DG2 by Diane Gilman, sizes 2–24, \$60; hsn.com.

#### STYLE TIP

Tucking a top into high-cut jeans and adding a skinny belt creates a waist, as does the peplum-style jacket.

Top, sizes XS–XXL, \$40; thelimited.com. Leather belt, sizes S–L, \$35; gap.com. Faux-leather jacket, Mossimo, sizes XS–XL, \$45; target.com.



#### also try» SKINNY

The high waist and stretch fabric give the illusion of a more substantial rear end. The stitching reinforces the shapely vibe. Shaping skinny jeans, Signature by Levi Strauss and Co., regular, short and long sizes 4–20, \$20; walmart.com.

## YOUR FAVORITE CUTS

Check out how different cuts stack up with *ALL YOU* readers, as well as our primer on all the options.



### BOOT-CUT

Narrow in the thigh, widening slightly from just below the knee



### SKINNY

Tight-fitting all the way from the thigh to the ankle



### STRAIGHT

Leg openings with the same circumference at the knee as at the hem



### BOYFRIEND

Loose, slouchy fit with full-cut legs that are either straight or slightly tapered at the ankle



### FLARED

Narrow in the thigh and widening significantly from just below the knee to the hemline



## STYLE TIP

Play off the narrowness of the jeans by layering on a faux-fur vest. If you're tall, you definitely can pull it off.

Classic Scuba faux-leather jacket, missy sizes S–XL, plus sizes 1X–3X, \$125; jcp.com. Faux-fur vest, Covington, sizes S–XL, \$50; sears.com. Annie long-sleeve T, Riders by Lee, sizes S–XXL, \$15; walmart.com.

## WHY THEY WORK

A straight style can hit slightly higher or lower on the ankle and still look OK.

SCAN SARA'S PHOTO TO SHOP THESE PAGES. See page 2.

“Regular jeans are high-waters on me, but jeans with long inseams can be too long. And because the waist often doesn't fit if the thighs do, I skip high rises.”

## WHY THEY WORK

The simple vertical lines of a straight-leg style are flattering, whether your legs are toothpick-skinny or more substantial. The stretch and medium rise mean this pair fits waist and thighs.

Straight jeans, sizes 4–18 with inseam of 34", 36" or 38", \$79; longtallsally.com.

## also try» BOOT-CUT

The slight flare of boot-cut jeans helps even out the proportions if your thighs are on the fuller side. A dark wash is extra slimming. Diva boot-cut jeans, sizes 00–20, \$30; oldnavy.com.



## «also try SKINNY

Few items of clothing show off a beanpole's legs like skinny jeans; the higher rise is tailor-made for a longer torso.

1969 Resolution True skinny jeans, sizes 24–35, \$70; gap.com.

Ankle booties, Call It Spring, sizes 5–11; \$70; jcp.com.



## LAUNDRY TIPS

Treat jeans with a little TLC so they can continue to look great for years to come.

## TURN INSIDE OUT

Do this before tossing the jeans in the washer to help preserve the color. (If you want the garment to fade, skip this step.)

## USE MILD DETERGENT

Wash in cold water on the gentle cycle.

## SKIP THE DRYER

Hang jeans on a drying rack or lay them flat on a towel to dry.



## FRESHEN UP

Prefer not to launder? Try these alternatives.

## AIR THEM OUT

Pin them outside on the line for a few minutes.

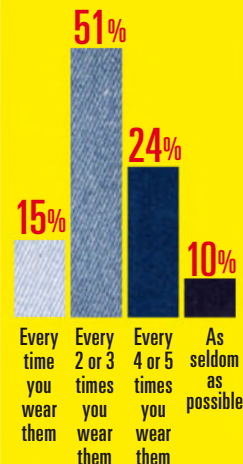
## STEAM THEM

Hang them in the bathroom while you shower, or use an iron on them.

## FREEZE THEM

This might help kill bacteria buildup, the cause of funky odors.

## HOW OFTEN DO YOU WASH YOUR JEANS?





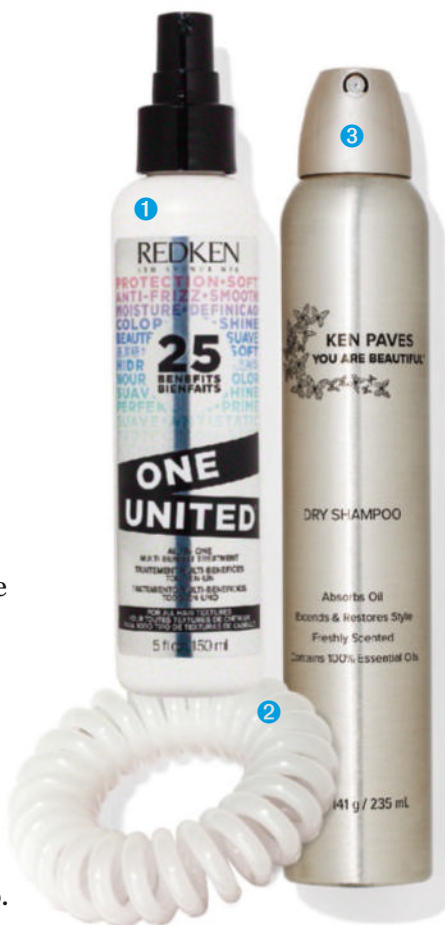


# MASTER A

# fas

LOOKING GREAT  
LEARN HOW TO

**R**emember those days when you'd hit the snooze button, linger over a cup of coffee and spend what seemed like hours perfecting your hair and makeup? Now you've got sleepy kids to dress, breakfast to make and, oh, yeah, all that "urgent" e-mail from your boss to answer. We get it: School mornings are hectic enough without having to fuss with straightening irons and lash curlers. The good news is that we've found ways you can eliminate steps without sacrificing beautiful results. Our guide, which includes strategies and products to make every day a good hair day, can get you gorgeous in a snap.



## Hair in a hurry

*Want to streamline your daily regimen? Brush up on quick and easy styling tips.*

### TRIM DRYING TIME

Blot wet hair with a towel and work in a multiuse product that detangles, smooths the shaft and speeds up a blowout. Rough-dry strands with your blow-dryer until they're 90 percent dry, then finish by twisting ends around a brush as you blast them with heat.

#### EDITORS' PICK

① Redken One United All-in-One Multi-Benefit treatment, \$22; redken.com.

### TARGET YOUR BLOW-DRY

In a rush? Try this: With a spray bottle, mist some water onto a brush and use it while you dry. Focus on face-framing pieces and sections around the crown to revive volume.

### MAKE A MESSY BUN

With this style, there's no need for precision. Simply gather hair at the nape of your neck and wrap with an elastic, then loop the tail of your pony into a bun and secure. Pull on a few pieces right above the elastic to add lift and no one will suspect you did this in the car-pool line.

#### EDITORS' PICK

② Invisibobble Traceless hair rings, \$8 for 3; urbanoutfitters.com.

### TRY DRY SHAMPOO

Press it onto your scalp with a sponge before bed to counteract oil buildup. When you wake up, lift sections of hair, mist along the roots and comb to sop up any leftover grease.

#### EDITORS' PICK

③ Ken Paves You Are Beautiful dry shampoo, \$19; kenpavesyouarebeautiful.com.

### GOING PUBLIC

Whether you're in the car or between meetings, here's how you can apply on the fly.

**DOWNLOAD A MIRROR APP** with good lighting and a zoom function, such as @Mirror (free, iOS).

**STASH PRODUCTS IN A TRAVEL BAG** that opens flat and has mesh pockets so you can quickly find what you're looking for.

**STICK TO WHAT'S SWIPE-ABLE** (mascara, lipstick) or a quick dusting of powder. Skip tricky eyeliner and foundation.

**FIX FLYAWAY HAIRS** by sweeping over them with just a bit of lip balm.

**REVIVE YOUR HAIR QUICKLY** by flipping your part. It adds sexy body and bounce without the need for products.



SCAN THE REDKEN BOTTLE TO BUY THE PRODUCTS ON THESE PAGES. See page 2.



# ter BEAUTY ROUTINE

DOESN'T HAVE TO BE A MAJOR MORNING PROJECT.  
SPRINT THROUGH YOUR PRIMING IN NO TIME *By Holly Dawsey*

## Makeup in minutes

Cut down on the products in your arsenal. These four power players can leave you looking fabulous.

### CAMOUFLAGE FLAWS

Target only those problems you can see after applying tinted moisturizer: undereye circles, redness around the nose, blemishes and any other spots that need extra coverage. Tap on an opaque, creamy concealer, then buff out the edges with your finger.

#### EDITORS' PICK

4 Revlon PhotoReady Insta-Fix makeup, \$14; at mass retailers.

### FAKE A FLUSH

Few things perk up a complexion like a little cheek color. Opt for an easy-to-blend sheer cream formula that you also can apply to lips for a hint of glint. Swipe it over cheeks, using your fingertips to melt the pigment into skin.

#### EDITORS' PICK

5 Circa Color Exposure Sheer lip and cheek stain in Varadero, \$13; at Walgreens.

### PLAY UP YOUR EYES

Don't skip mascara. When lashes are straight and bare, eyes tend to look smaller. Choose a wand with comblike bristles to lengthen and curl; wiggle it back and forth at the base of lashes, then sweep it up to the tips.

#### EDITORS' PICK

6 Flower Intensif-Eye Volumizing mascara, \$8; at Walmart.

### BOOST YOUR BROWS

If you do nothing else, take 30 seconds to fill in sparse arches. Defined eyebrows give the face a more polished appearance. To avoid that drawn-on look, lightly go over gaps with a pencil a shade lighter than your hair. Then use a spoolie brush to comb through and soften the edges.

#### EDITORS' PICK

7 NYX Micro brow pencil, \$10; nyxcosmetics.com.



## Skin care shortcuts

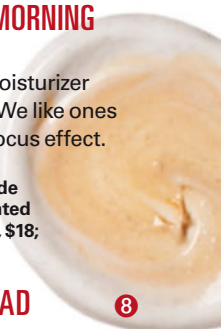
Prime your face with this bare-bones approach.

### REACH FOR A MORNING MULTITASKER

Go for a tinted moisturizer with sunscreen. We like ones that lend a soft-focus effect.

#### EDITORS' PICK

8 L'Oréal Youth Code Skin Illuminator Tinted All-in-1 moisturizer, \$18; at mass retailers.



### SPLASH INSTEAD OF CLEANSER

Dermatologists say to suds up before bed; in the a.m., simply rinse your face with warm water to remove any grime. Still feeling slick? A once-over with a cleansing wipe should do the trick.

### PREP IN THE P.M.

Look for a night cream with alpha hydroxy acids (which encourage cell turnover) and hyaluronic acid (for long-lasting moisture).

#### EDITORS' PICK

9 Garnier Ultra-Lift Miracle Sleeping cream, \$17; at mass retailers.



### SMOOTH SKIN, STAT!

Pick up an in-shower body lotion. The quick-absorbing cream leaves skin silky—not sticky—in half the time of regular lotion.

#### EDITORS' PICK

Jergens Wet Skin moisturizer, \$7; at mass retailers.





# LAUGH ATTACK? DON'T HOLD BACK.

*(we make bladder leaks feel like no big deal)*

Our pads  
are drier  
than Poise  
pads!



**Our pads are up to 40% thinner\* for incredible comfort  
and absorb 2x more than you may need.\*\***

Get laugh-all-you-want protection, with Always Discreet. Because hey, pee happens. For **coupons and your free sample,<sup>†</sup>** go to **[alwaysdiscreet.com](http://alwaysdiscreet.com)**.



So bladder leaks can feel like no big deal. *always*  
*discreet*

\*vs. Poise. \*\*based on average U.S. consumer usage. †while supplies last.



# \*yourhealth

BREAKING NEWS, FITNESS KNOW-HOW AND SMART STRATEGIES TO BOOST WELLNESS

## IT CAN SPARK NEW FRIENDSHIPS

Showing a new acquaintance how much you appreciate her help makes it more likely she will hang out with you, an Australian study found. And spending time with friends has a clear health benefit: A recent study associated loneliness and isolation with a shorter life span.

## IT MIGHT LEAD TO FEWER ACHES AND PAINS

No, your doctor probably won't prescribe gratitude for a stiff neck. Still, living with appreciation could help improve your overall health, according to a study in the journal *Personality and Individual Differences*.

The link? Researchers suspect that those who feel grateful take better care of their bodies.

## IT HELPS YOU HEAL

People coping with heart failure who also live grateful lives have more positive moods—as well as lower levels of inflammation—than those who aren't as grateful, according to a University of California at San Diego study. The effects of gratefulness haven't been studied for all ailments, but it can't hurt to take stock of the good things in your life.

## IT LETS YOU SLEEP BETTER

Does your mind start racing as soon as you turn out the lights? Time to pick up a gratitude journal. A study in the journal *Applied Psychology: Health and Well-Being* found that writing about what you're thankful for in a journal for 15 minutes each night might help you worry less at bedtime, as well as sleep longer.

# 4 Reasons to Get GRATEFUL

Feeling happy about what you've got in life brings major good-for-you perks. Check out what gratitude can do for your body



SCAN THE  
BOOK TO  
PURCHASE IT.  
See page 2.

**25% OFF**  
plus free ground  
shipping sitewide at  
[chroniclebooks.com](http://chroniclebooks.com)  
CODE: GRATITUDE  
EXPIRES: 9/25



A GREAT PLACE TO JOT DOWN WHAT'S  
GOING RIGHT FOR YOU NOW: *THE LIVING  
WELL ONE LINE A DAY JOURNAL*.  
\$17; [chroniclebooks.com](http://chroniclebooks.com).

**'HOW I STAY GRATEFUL'** *"Whenever I start feeling down and wishing for things that I don't have, I remind myself of all the things I do have, like a great family and friends, and that some people aren't as blessed as I am to have those things."* —Sarah McFarland, 39, Raymond, Maine



# YOU *(yes, you!)* CAN BE A RUNNER

FOLLOW OUR SIMPLE PLAN  
TO GO FROM COUCH POTATO  
TO RUNNING 90 MINUTES  
A WEEK IN NO TIME





Just about anyone can take up running: All you need are a proper pair of shoes and some room to roam. And running is a great workout. It can lower your risk of heart disease and diabetes, boost your mood, reduce stress and build muscle, especially in the core and lower body.

At ALL You, we're big fans of walking. But if you're aiming to shed excess pounds, running is the way to go. You can torch, on average, about 600 calories per hour, more than twice as many as you would strolling that amount of time. One study found that runners had a far greater decrease in body mass index (BMI) over a six-year period than walkers did. Runners are also more likely to maintain a steady weight than those who do other forms of exercise.

And you don't need to spend loads of time doing it. With our running plan, you lace up your sneaks three times a week for a half hour at a time, plus do a little strength training. By the end of 10 weeks, you should be able to run up to a half hour at a 10-minute-mile pace—that's three miles at a time, or roughly a 5-kilometer race. Ready? Hit the road!

## PICK YOUR *pair*

YOUR BODY BEARS THE BRUNT OF UP TO THREE TIMES YOUR WEIGHT WHEN YOU JOG, SO WEARING THE RIGHT SHOES IS CRITICAL. CHECK OUT THESE PRETTY, WELL-PRICED STYLES.

### ASICS GEL-EXCITE 2

(\$70; [asicsamerica.com](http://asicsamerica.com))

Great starter shoes for women who don't rack up tons of miles, these feature gel cushioning and a breathable mesh upper.



### GORUN RIDE 4-NITE OWL

(\$90; [skechers.com](http://skechers.com))

Can't get out for your run until after work—or after your children are in bed? These colorful sneakers glow in the dark.

### 361° FEATHER

(\$70; [361usa.com](http://361usa.com))

Super light, they feature lots of airy mesh to keep feet from overheating.



SCAN THE SNEAKER AT LEFT TO BUY THE PRODUCTS ON THIS PAGE. See page 2.

**SHH!**

### SILENCE YOUR INNER CRITIC

WHEN TRAINING GETS TOUGH AND YOU WANT TO QUIT, CREATE A POSITIVE, STRONG PICTURE OF YOURSELF. THINK: I'M TOUGH. AND REMIND YOURSELF TO STAY PRESENT.

### Tune in to your tempo

One key to picking up your pace is music. After determining your desired speed by timing yourself on a track (one lap typically equals a quarter mile) or treadmill, build a workout-boosting playlist using one of these apps.



#### FIT RADIO

(\$4/month, Android, iOS)

Choose a music genre and your target pace and this app will create the ultimate playlist to match your taste in songs and your preferred beat.



#### PACEDJ

(free, Android, iOS)

Love a particular song but its tempo just isn't right for your workout? This app can speed up the music or slow it down to accommodate your target pace.



#### TEMPORUN

(\$1, iOS)

This app analyzes the tunes in your library and sorts them by beats per minute, so you can play ones suited to your workout speed.



## Protect yourself from injury *DON'T BECOME SIDELINED BEFORE YOU GET GOING.*

During the course of a year, about 50 percent of all runners will be injured. The good news is that more than half of those injuries are avoidable. Listen to your body and prepare it well. Translation: Wear proper footwear (see "Pick Your Pair," page 31, for three recommendations), keep muscles strong (see "Get Stronger Now," below) and address any aches early by icing them and taking ibuprofen. If you have a pain that lasts 10 days or longer, or if it comes on abruptly or is severe (you can't walk without wincing, for instance, or you notice swelling), head to the doctor as soon as possible.

## Warm it up

**PRIME YOUR BODY WITH THESE THREE MOVES.**

### HIP HINGE WITH TRUNK TWIST

Stand with feet hip-width apart and fold forward from hips, hands reaching toward toes. Touch left hand to inner arch of right foot. Rotate torso so right arm reaches straight up. Hold for 5 seconds. Repeat on the other side.

### LUNGE WITH A YOGA TWIST

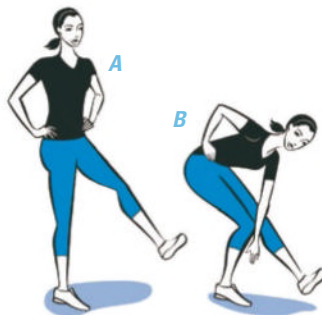
Take a giant step forward with left foot while lowering right knee toward floor (don't let left knee go forward beyond ankle). Rotate torso to the left and lift up left arm. Hold pose for 5 seconds. Switch sides and repeat.

### HIP CRADLE TO SIDE LUNGE

Start with feet hip-width apart. Lift left leg by grabbing inside of foot; let knee fall wide to side. Try to bring foot in line with navel. Hold for 5 seconds. Next, step left foot out into a wide side lunge with toes pointed ahead. Hold for 5 seconds. Return to start. Repeat on opposite side.

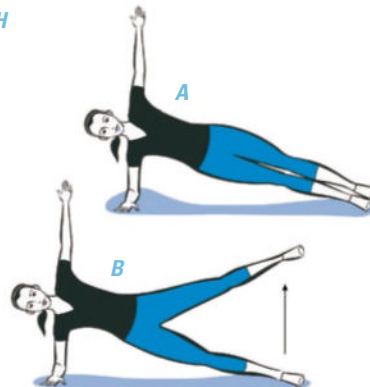
## Get stronger now

**DO 2 OR 3 SETS OF 10 TO 15 REPS OF EACH MOVE, 1 OR 2 TIMES EVERY WEEK.**



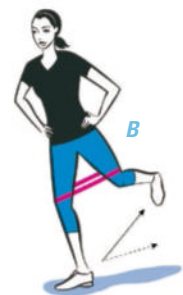
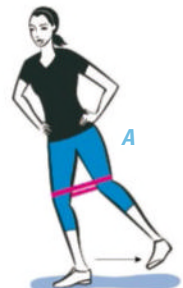
### SINGLE-LEG SQUAT WITH CROSSOVER

Stand on right leg, with left foot extended in front of you, heel just off floor (A). Bend right knee, pushing butt out behind you and reaching left arm toward right foot (B). Go deep, but maintain a neutral spine. Repeat on other leg.



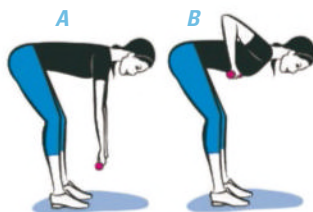
### SIDE PLANK WITH LEG RAISE

Lie on right side with feet stacked, right elbow under your shoulder. Lift hips toward ceiling, and extend left arm into air at shoulder height (A). Be sure to press hips forward by squeezing glutes. Lift left leg up (B), then lower. Switch sides and repeat moves.



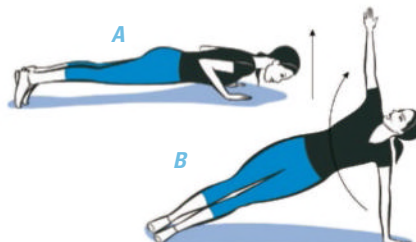
### 3-D BAND KICKS

Stand with legs slightly wider than hip width, knees slightly bent and a band placed just above knees. Lift left leg away from body (in three different directions): to the side (A), then 45 degrees behind you, then directly behind you (B). Repeat 10 times, maintaining your balance with right leg slightly bent. After 10 reps, repeat by kicking with right leg.



### DEAD-LIFT ROW

Stand with feet hip-width apart. Holding 5- to 8-pound dumbbells, fold forward from hips (concentrate on pushing butt out behind you), keeping your back straight, chest parallel to floor and arms hanging straight down (A). Complete a row by pulling elbows toward the ceiling (B). Return to a standing position after each row. Repeat entire combination.



### PUSH-UP WITH TWIST

Start in plank position. Lower body until chest nearly touches floor (A). Hold for a second, then push up and return to top of plank. Rotate body to right, coming in to a side plank with left arm straight and shoulder stacked over wrist, feet stacked and hips off floor, so you form a straight line from head to feet (B). Return to plank, dip down, then rotate left.

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## Your running routine

### THE GOAL

By the end of this 10-week program, you'll be running three miles without having to stop, or going for 30 minutes consistently

### THE TRAINER

Wes Pedersen, a running coach and group fitness manager at Equinox Newport Beach in California

### THE PLAN

This basic beginner routine involves a combination of running and walking intervals, three days per week.

- **START** with 1 minute of jogging. Effort-wise, your pace should be at a 5 or 6 on a 10-point scale—which means you should still be able to carry on a conversation. A 12-minute-mile pace is a good target.
- **FOLLOW** that with 2 minutes of walking—your effort should be a 4 out of 10, or about a 15-minute-mile pace.
- **REPEAT** the jog-walk sequence for 30 minutes total. As you get fitter, you'll jog more and eventually amp up to running (doing a mile in 10 minutes or faster).
- **ADD** some easy strength-training moves (see "Get Stronger Now," page 32) two days each week. Mixing them into your routine bolsters your body, helping you keep injuries at bay.

Sources: Lisa R. Callahan, MD, co-director of the Women's Sports Medicine Center at the Hospital for Special Surgery in New York City; Jennifer Conroy, water-running coach and creator of Fluid Running in La Grange, Ill.; Brian Eckenrode, assistant professor of physical therapy at Arcadia University in Glenside, Pa.; Reed Ferber, PhD, director of the Running Injury Clinic in Calgary, Alberta; Paul Langer, DPM, podiatrist in Minneapolis; Susan Paul, exercise physiologist and program director for the Orlando Track Shack Foundation in Florida; Eric Rohr, biomechanical engineer, Brooks Sports; Marni Sumbal, RD, sports nutritionist in Jacksonville, Fla.; Paul T. Williams, PhD, scientist at the Lawrence Berkeley National Laboratory in California

# 10 weeks TO A FLEET-FOOTED YOU

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>week 1</b>	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 1 min., walk 2 min. x 10	<b>REST</b>	<b>RUN</b> Jog 1 min., walk 2 min. x 10	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 1 min., walk 2 min. x 10	<b>REST</b>
<b>week 2</b>	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 2 min., walk 1 min. x 10	<b>REST</b>	<b>RUN</b> Jog 3 min., walk 1½ min. x 7	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 4 min., walk 1 min. x 6	<b>REST</b>
<b>week 3</b>	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 2 min., walk 1 min. x 10	<b>REST</b>	<b>RUN</b> Jog 3 min., walk 1½ min. x 7	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 4 min., walk 1 min. x 6	<b>REST</b>
<b>week 4</b>	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 5 min., walk 1 min. x 5	<b>REST</b>	<b>RUN</b> Jog 5 min., walk 1 min. x 5	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 6½ min., walk 1 min. x 4	<b>REST</b>
<b>week 5</b>	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 8 min., walk 1 min. x 3; run 3 min.	<b>REST</b>	<b>RUN</b> Jog 10 min., walk 1 min. x 2; run 8 min.	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 11 min., walk 1 min. x 2; run 6 min.	<b>REST</b>
<b>week 6</b>	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 12 min., walk 1 min. x 2; run 4 min.	<b>REST</b>	<b>RUN</b> Jog 13 min., walk 1 min. x 2; run 2 min.	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 14 min., walk 1 min. x 2	<b>REST</b>
<b>week 7</b>	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 15 min., walk 1 min., run 14 min.	<b>REST</b>	<b>RUN</b> Jog 14 min., walk 1 min., run 15 min.	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 13 min., walk 1 min., run 16 min.	<b>REST</b>
<b>week 8</b>	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 12 min., walk 1 min., run 17 min.	<b>REST</b>	<b>RUN</b> Jog 11 min., walk 1 min., run 18 min.	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 10 min., walk 1 min., run 19 min.	<b>REST</b>
<b>week 9</b>	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 9 min., walk 1 min., run 20 min.	<b>REST</b>	<b>RUN</b> Jog 8 min., walk 1 min., run 21 min.	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 7 min., walk 1 min., run 22 min.	<b>REST</b>
<b>week 10</b>	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 6 min., walk 1 min., run 23 min.	<b>REST</b>	<b>RUN</b> Jog 5 min., walk 1 min., run 24 min.	<b>STRENGTH TRAINING</b> 2 sets of 15 reps per exercise	<b>RUN</b> Jog 5 min., run 25 min.	<b>REST</b>

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# MEDICINE CABINET MUST-HAVES

What to store—and where to store it—to keep your family healthy and safe year-round

What's wrong with this picture?  
Hint: Pills don't belong in the bathroom.

WANT ONE FEWER THING TO WORRY ABOUT THIS BACK-TO-SCHOOL SEASON? SCAN THIS IMAGE TO LAUNCH OUR BTS SHOPPING TOOL. See page 2.

## WHAT TO KEEP IN... **YOUR BATHROOM**

Believe it or not, you should not put medicine in your medicine cabinet. But the following items are all safe to keep above your sink.

### **TOOTHBRUSH, TOOTHPASTE AND FLOSS**

It's better to put your brush here than on the counter, as flushing your toilet can spray bacteria, which could contaminate your brush—especially worrisome if someone in the family has a tummy bug. As for the toothpaste, just know





that ingesting too much can be toxic for little ones because of its fluoride, so if you've got a toddler who gets into everything, store it out of reach.



### SUNSCREEN

Even when summer is over, you'll still want to have a bottle of sunscreen, SPF 30, near. Slather up daily, as sunburns and cancer-causing sun damage can happen in any season. Just be sure to keep tabs on how long you've had the product. Most formulas are designed to stay at their original potency for three years (when you buy a new bottle, write the date on it in permanent marker). Avoid aerosol spray sunscreens, as

they're not recommended for children, who are more likely to accidentally inhale the fumes.

### THERMOMETER

Digital oral varieties are generally safe and easy to use, and they're more accurate than temperature strips or mercury thermometers. Another perk: Many cost \$10 or less.



### FIRST-AID ESSENTIALS

Antiseptic wipes, one box of adhesive strips in assorted sizes and a box of 4-by-4-inch gauze pads should be enough to dress most cuts, scrapes and burns. You need medical tape to hold the gauze in place. A liquid bandage works well on a joint where an adhesive strip might not adhere well. Optional items: sterile eyewash (to flush out irritants) and 100 percent aloe vera gel (to soothe sunburns).



Keep kids safe by storing items that can harm them well out of reach.

## WHAT TO KEEP IN... A LOCKED BOX

Certain health essentials should be stored outside the bathroom. Heat and humidity can affect the potency of medications—and children can easily grab pills and other hazardous items out of a standard medicine cabinet. Get a childproof, lockable box and put it in a room with stable temperature and humidity levels—ideally a room your kids don't visit often.

### PRESCRIPTIONS

Although medications do come with childproof lids, you might be surprised what kids can figure out. One 2013 study in the journal *Pediatrics* noted an increase in cases of children being poisoned by their parents' prescription drugs. Young children had the greatest risk of being poisoned by diabetes medications, followed by cholesterol-lowering drugs.

### BENADRYL

Liquid Benadryl—diphenhydramine is the generic name—taken orally can be your go-to in case of hives or if someone in your family has an allergic reaction. Steer clear of the topical form of the drug—which is not effective for allergic reactions in children.





## PAY ATTENTION TO DATES

Check expiration dates on all medications twice each year. Call your local recycling agency to learn how to safely dispose of those you no longer need or can no longer use.



## HYDROCORTISONE CREAM

Apply it topically to soothe bug bites, sunburn and other itches and irritation. Look for a product that contains 0.5 percent to 1 percent hydrocortisone.



## ANTIBIOTIC OINTMENT

Reach for this to protect and help heal a wound. Wash the area first with water and a gentle soap, apply the cream or ointment, then cover with a bandage to keep the cut clean and moist.

## ACETAMINOPHEN OR IBUPROFEN

It's wise to have a fever-reducing and pain-relieving medicine on hand. Be aware, however, that kids and adults can overdose on acetaminophen (there's less of a chance with ibuprofen)—which is why you should store such medications safely out of the reach of children.



## TWEEZERS

Use them for removing splinters and insect stingers. Choose ones that have sharp, pointy tips rather than blunt ones; they grip better, making it easier to pull out foreign objects (although the sharpness also makes them unsafe for children to handle). To help prevent infection and cross-contamination, disinfect tweezers with rubbing alcohol (also kept in your locked box) before and after use.



## SAVE YOUR CASH

Don't bother stocking up on these over-the-counter remedies.

### CHILDREN'S COUGH MEDICINE

The American Academy of Pediatrics (AAP) doesn't recommend using it, because it has been shown not to work for children younger than 6 and because it might even pose a health risk. If you want to keep cough syrup on hand for yourself, store it in your childproof box.

### OTC ANTINAUSEA MEDICINE

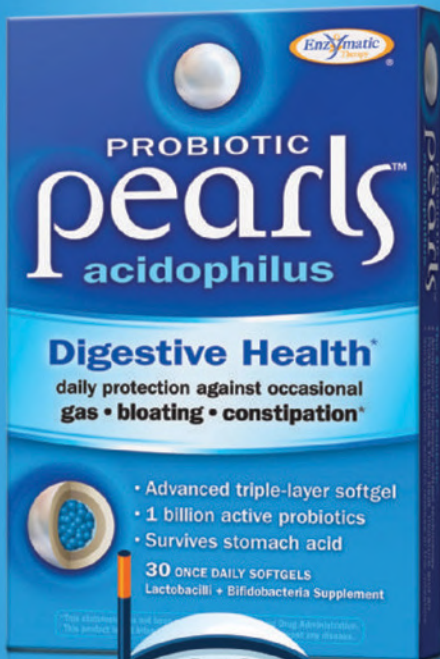
Like cough medicine, the AAP doesn't suggest it for children. Instead, doctors stand by using an oral rehydration solution that's geared toward kids (such as Pedialyte). In most cases, adults don't need it either—drink some seltzer instead.

### ANTI-DIARRHEAL MEDICINE

Doctors typically don't advise taking it, as it can interfere with your body's natural process of flushing out the bacteria or virus that's causing your tummy troubles.



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OUR EXPERT  
 MINU GEORGE,  
 MD

# Smart Kids' Health Advice

A pediatrician weighs in on issues that affect your family



## Should You Shield Your Newborn from Germs?

It's smart to be cautious about who comes in contact with your little one—especially given the recent outbreaks of measles and other diseases. Because newborns' immune systems are weaker, infants are especially vulnerable to infection and illness and are at a heightened risk for complications when they do become ill.

Ask people who want to see your new baby if they're sick and whether they're up to date on their vaccinations. (If you feel uncomfortable, have a loved one help. After the birth of my son, my mother "screened" everyone who wanted to come by!) Specifically, ask visitors if they've had a flu vaccine; a Tdap booster, which guards against whooping cough; and the MMR vaccine, which protects against three diseases including measles. Those illnesses can be devastating to an infant. Also, have all visitors wash their hands before they hold or touch your baby.

## The scoop on fortified foods

Many cereals, energy bars and other foods that kids eat are loaded with added—often unnecessary—vitamins, according to an Environmental Working Group report. A serving can contain more than a full day's vitamin needs. The problem is that overdoing nutrients creates extra work for a child's kidneys and liver and could lead to digestive issues and other health woes.

You don't have to avoid fortified foods, but kids should eat them in moderation. If you give them fortified cereal in the a.m., don't double up with a protein bar at lunch. Their bodies will benefit from lean protein, dairy, vegetables and fruit. The more unprocessed, whole foods they eat, the better.

Reported by Camille Noe Pagán. Minu George, MD, is interim chief of general pediatrics at Cohen Children's Medical Center in New Hyde Park, N.Y., and an assistant professor at the Hofstra North Shore-LIJ School of Medicine in New York.

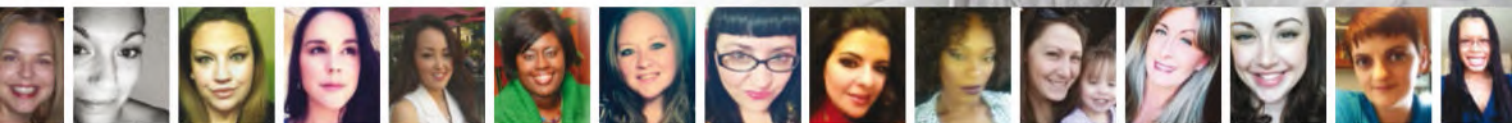
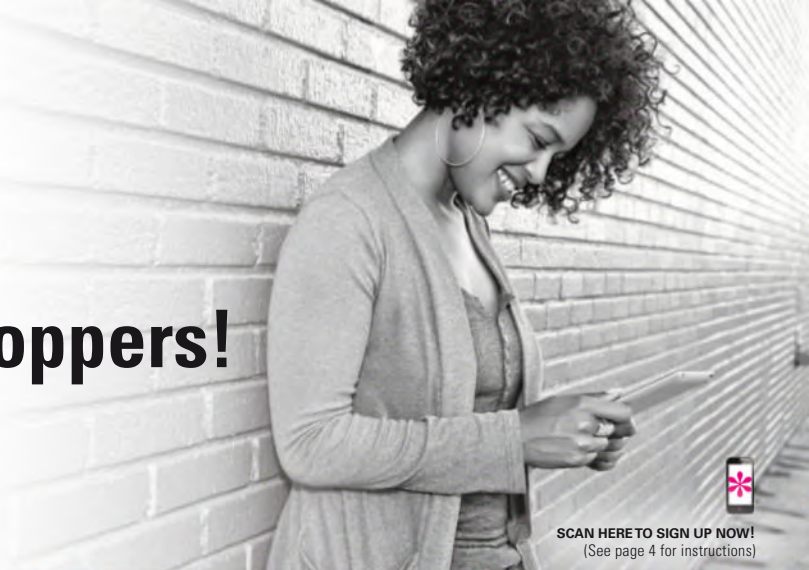




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SCAN  
THE DISH  
TO SAVE THE  
RECIPE AND  
SHOP FOR  
INGREDIENTS.  
See page 2.

## SIMPLE & TASTY SNACK

### Baked Coconut Shrimp

COST PER SERVING \$3.21 / HANDS-ON 19 min.

TOTAL 39 min. / SERVES 4

- 3 Tbsp. cornstarch
- ½ tsp. salt
- 1½ cups sweetened flaked coconut
- 1½ cups panko
- 3 large egg whites
- 1½ lbs. extra jumbo or colossal tail-on shrimp, peeled, deveined and patted dry

**1** Preheat oven to 400°F. Line a baking sheet with parchment. Place cornstarch and salt in a large ziplock bag. Place coconut and panko in second ziplock bag, breaking up any clumps of coconut. Shake bags to mix contents. Whisk egg whites in a shallow bowl until foamy.

**2** Place shrimp into ziplock bag with cornstarch mixture and shake until shrimp are coated evenly. Dip shrimp, a few at a time, in egg whites. Shake off excess and drop shrimp into ziplock bag with coconut mixture. Shake until shrimp are coated. Place in a single layer on baking sheet and bake, turning once, until coconut is golden and shrimp are cooked through, 15 to 20 minutes. Serve immediately.

#### PARTY TIME

These crunchy shrimp make a great appetizer for a get-together. Serve them on skewers. Have a bowl handy for the tails.

#### TAKE A DIP

Whip up a simple dipping sauce of apricot or pineapple jam mixed with Dijon mustard.

**PER SERVING** 501 Cal., 17g Fat (13g Sat.), 259mg Chol., 4g Fiber, 41g Pro., 41g Carb., 723mg Sod.



# Winner, Winner Chicken Dinner

Whether you're craving comfort food, a slow-cooker supper or a simple dish the kids will love, look no further than our compendium of poultry. It's sure to please!

*The one-pot wonder*



## ARROZ CON POLLO

**COST PER SERVING** \$2.04

**HANDS-ON** 40 min.

**TOTAL** 1 hr. 35 min. / **SERVES** 12

- 2 whole chickens, each cut into 8 pieces (about 6 lbs.), trimmed of excess fat
- Salt and pepper
- 2 Tbsp. unsalted butter
- 2 Tbsp. vegetable oil
- 2 onions, chopped
- 2 ribs celery, sliced
- 2 carrots, chopped
- 1 green bell pepper, seeded, chopped
- 1 red bell pepper, seeded, chopped
- 2 cloves garlic, minced
- 1 14.5-oz. can diced tomatoes, drained
- 3 cups long-grain rice
- 3 cups low-sodium chicken broth
- 2 Tbsp. chopped fresh parsley

- ❶ Preheat oven to 350°F. Season chicken with salt and pepper. Melt butter with oil in a large ovenproof pot or Dutch oven over medium-high heat.
- ❷ Working in batches, add chicken and cook, turning often, until browned on all sides, 7 to 10 minutes. Remove to a platter.
- ❸ Pour off all but about 2 Tbsp. fat from pot and add onions, celery, carrots, bell peppers and garlic. Cook, stirring often, until softened, approximately 5 minutes. Stir in tomatoes, rice, 1 tsp. salt and ½ tsp. pepper. Pour in broth, increase heat to high and bring to a boil.
- ❹ Return chicken to pot, cover and transfer to oven. Cook until chicken and rice are done, about 40 minutes. Season with salt and pepper, if desired. Serve on a large platter garnished with parsley.

**PER SERVING** 494 Cal., 11g Fat (3g Sat.), 153mg Chol., 2g Fiber, 52g Pro., 44g Carb., 330mg Sod.

Don't be tempted to peek. Keep all that moisture in the pot! Try to avoid opening the lid and checking on the dish too often or too early.



The quick-and-easy pasta

SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 2.

## BOW-TIE PASTA WITH CHICKEN AND PESTO

**COST PER SERVING** \$2.39 / **HANDS-ON** 15 min. / **TOTAL** 30 min. / **SERVES** 6

- Salt and pepper
- 4 boneless, skinless chicken breast halves (about 1½ lbs. total)
- 2 Tbsp. olive oil
- 12 oz. bow-tie pasta
- ½ cup prepared pesto
- 1 12-oz. jar roasted red peppers, drained, cut into thin strips (about 1¼ cups)
- Grated Parmesan for serving, optional

- ❶ Bring a pot of salted water to a boil. Season chicken with salt and pepper. Warm oil in a large skillet over medium-high heat. Cook chicken until no longer pink inside, 5 to 6 minutes per side. Let rest on a cutting board for 5 minutes, then cut into ½-inch pieces.
- ❷ Add pasta to boiling salted water and cook until done,

about 11 minutes or as package label directs. Drain well, return to pot and stir in pesto. Add chicken and red-pepper strips. Toss and season with salt and pepper. Sprinkle with grated Parmesan, if desired, and serve.

**PER SERVING** 487 Cal., 18g Fat (4g Sat.), 79mg Chol., 2g Fiber, 36g Pro., 45g Carb., 524mg Sod.



*The slow-cooker sensation*



## TUSCAN STEWED CHICKEN WITH WHITE BEANS AND TOMATO

**COST PER SERVING** \$1.53 / **HANDS-ON** 15 min. / **TOTAL** 4 hr. 35 min. / **SERVES** 6

- 1 whole chicken (about 3 lbs.), cut into 8 pieces, trimmed of excess fat**

**Salt and pepper**

- 2 Tbsp. unsalted butter**

- 2 Tbsp. vegetable oil**

- 1 large onion, chopped**

- 3 cloves garlic, minced**

- 1 28-oz. can crushed tomatoes**

- 2 15.5-oz. cans white beans (such as cannellini), drained, rinsed**

- 3 sprigs fresh thyme**

**①** Season chicken on all sides with salt and pepper. Melt butter with oil in a large skillet

over medium-high heat. Working in batches, add chicken and cook, turning often, until browned on all sides, 5 to 7 minutes. Transfer to a large slow cooker.

**②** Pour off all but 1 Tbsp. fat from skillet. Add onion and cook, stirring often, until softened, about 3 minutes. Add garlic and sauté for 30 seconds. Add tomatoes and bring to a boil, stirring to pick up any browned bits on bottom of skillet. Stir in beans and thyme.

**③** Pour contents of skillet over

chicken in slow cooker. Cover and cook on low until chicken is tender and beans are soft, 3 to 4 hours. Transfer chicken to a platter and cover loosely with foil. Set cooker on high and bring bean mixture to a simmer. Cook, uncovered, until reduced and thickened, about 10 minutes. Season with salt and pepper. Discard thyme sprigs. Spoon beans over chicken on platter, then serve immediately.

**PER SERVING** 691 Cal., 45g Fat (13g Sat.), 176mg Chol., 7g Fiber, 47g Pro., 25g Carb., 654mg Sod.





## CHICKEN POT PIE

COST PER SERVING \$2.70 / HANDS-ON 40 min.

TOTAL 1 hr. 30 min. / SERVES 6

## FILLING:

- 4 boneless, skinless chicken breast halves (about 1½ lbs.)
- 2½ cups low-sodium chicken broth
- Salt and pepper
- 2 small Yukon gold potatoes, cut into ½-inch pieces
- 3 carrots, cut into ½-inch pieces
- 4 Tbsp. unsalted butter
- 2 Tbsp. vegetable oil
- 10 to 12 medium mushrooms (about 10 oz.), halved or quartered
- 3 Tbsp. all-purpose flour
- ½ cup heavy cream
- 1 cup frozen green peas, thawed

## TOPPING:

- 2½ cups all-purpose flour
- 2 tsp. baking powder
- ½ tsp. salt
- 6 Tbsp. cold unsalted butter, cut into small pieces
- 1 cup buttermilk, plus more for brushing

1 Make filling: Place chicken in a medium pot and pour in broth. Bring to a simmer over high heat. Reduce heat to medium, cover and cook until chicken is no longer pink, about 10 minutes. Remove meat from broth and set aside to cool.

2 Add a pinch of salt to broth in pot and return to a boil. Add potatoes and carrots and cook until vegetables are just tender, about 7 minutes. Transfer vegetables to a large bowl, reserving broth in a heatproof bowl. Wipe out pot.

3 Melt 2 Tbsp. butter with oil in a large skillet over medium-high heat. Add mushrooms and cook, stirring often, until they begin to give off liquid and start to brown, about 7 minutes. Season with salt and pepper. Using a slotted

spoon, transfer mushrooms to bowl with other vegetables, leaving oil in skillet.

4 In same pot used for vegetables, melt remaining 2 Tbsp. butter over medium-high heat. Whisk in flour, then cook, whisking constantly, until mixture is blond in color, about 2 minutes. Pour in reserved chicken cooking liquid, increase heat to high and bring to a boil. Whisk until thickened and smooth. Pour in cream and remove from heat. Season with salt and pepper. Cut chicken into 1-inch cubes. Combine chicken, mushrooms, carrots, potatoes and peas in a large bowl. Stir in sauce; season with salt and pepper. Cover and chill until ready to make topping.

5 Preheat oven to 375°F; lightly butter 6 1½- to 2-cup-capacity ovenproof ramekins. Divide filling evenly among ramekins.

6 Make topping: Pulse flour, baking powder and salt in a food processor to mix. Add butter and process in several quick pulses until mixture resembles coarse meal. Add buttermilk all at once. Pulse several times to mix, then turn out onto a floured work surface. Gather dough into a ball and, using fingers, pat out to a thickness of about ½ inch, dusting with more flour if dough is sticky. Use a round cutter to cut out small biscuits. Gather and reroll scraps until all dough has been used. Place 2 to 3 biscuits on top of each ramekin and brush biscuits with buttermilk. Bake until filling is bubbly and biscuits are lightly browned, 30 to 35 minutes. Serve hot.

**PER SERVING** 720 Cal., 36g Fat (18g Sat.), 153mg Chol., 5g Fiber, 37g Pro., 63g Carb., 717mg Sod.



SCAN  
EACH DISH  
TO SAVE THE  
RECIPE AND  
SHOP FOR  
INGREDIENTS.  
See page 2.

The ultimate  
comfort food



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We can't keep this news behind  
the counter any longer.

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- No Nitrates or Nitrites
- Gluten Free
- No Hormones or Steroids\*



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DELI  
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We're redefining  
the deli experience

\*Federal regulations prohibit the use of hormones and steroids in poultry.

Select deli meats are certified by the American Heart Association®. Per 2-oz serving of meat. Standard serving size is 2 ounces. This sandwich contains 2 servings. ©2015 Butterball, LLC. BUTTERBALL is a trademark of Butterball, LLC.

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0022655-073378



## ENDIVE, APPLE AND CHICKEN SALAD

COST PER SERVING \$2.80 / HANDS-ON 25 min. / TOTAL 45 min. / SERVES 4

2 boneless, skinless chicken breast halves

Salt and pepper

1 cup apple cider

2 Tbsp. apple cider vinegar

1 tsp. lemon juice

1 tsp. Dijon mustard

2 Tbsp. vegetable oil

2 Tbsp. olive oil

3 heads Belgian endive, halved lengthwise, cut crosswise into ½-inch-thick pieces

1 cup torn romaine lettuce leaves

1 small eating apple, halved, stemmed, cored and thinly sliced

¼ cup toasted sliced almonds

1 Season chicken on both sides with salt and pepper. Place in a small skillet and pour in cider. Cover and cook over medium heat until chicken is cooked through, about 20 minutes. Remove chicken to a shallow bowl. Increase heat to high and bring cider to a boil. Cook until thick, syrupy and reduced to about 1 Tbsp.,

about 6 minutes (watch carefully, as it can burn quickly). Pour over chicken. Allow to cool completely.

2 Combine vinegar, lemon juice, mustard, ½ tsp. salt and ¼ tsp. pepper in a large salad bowl. Whisk until salt has dissolved, then slowly drizzle in both oils while whisking. Whisk until blended and thickened.

3 Just before serving, cut chicken into 1-inch cubes. Add to bowl with dressing along with any juices that have accumulated in bowl. Add endive, romaine, apple and almonds. Toss well. Season with salt and pepper.

**PER SERVING** 440 Cal., 21g Fat (3g Sat.), 91mg Chol., 13g Fiber, 37g Pro., 29g Carb., 426mg Sod.

You can prepare the chicken up to 2 days in advance.

Keep tightly covered in the refrigerator until you're ready to serve the salad.

*The lightened-up classic*





THE ART OF  
MAC & CHEESE





SCAN  
THE DISH  
TO SAVE THE  
RECIPE AND  
SHOP FOR  
INGREDIENTS.  
See page 2.

*The kid-friendly  
crowd-pleaser*

## BUTTERMILK-DIPPED CRUNCHY CHICKEN FINGERS

COST PER SERVING \$2.24 / HANDS-ON 35 min. / TOTAL 45 min. / SERVES 8

- 2½ lbs. chicken tenders or 4 boneless, skinless whole chicken breasts, trimmed, cut into thick fingers
- 1 cup all-purpose flour
- Salt and pepper
- 1 cup buttermilk
- 3 large eggs, lightly beaten
- 3 cups panko
- Vegetable oil, for frying

- 1 Pat chicken pieces dry with paper towels. Combine flour, 1 tsp. salt and ½ tsp. pepper in a large shallow bowl; mix well. In a separate dish, whisk together buttermilk and eggs. Place panko in a third bowl.
- 2 Fill a large pot with a 2-inch-deep layer of vegetable oil. Clip a deep-fry or candy thermometer to side of pot (be sure it doesn't touch the bottom). Set over medium-

high heat until oil temperature reaches 350°F.

- 3 Working with a few at a time, roll chicken pieces in flour mixture until thoroughly coated. Shake off any excess, then dip in buttermilk mixture. Shake off excess and transfer to dish with crumbs. Turn until completely coated. Place in a single layer on a baking sheet.
- 4 Working in batches, cook chicken pieces, a few at a time,

in hot oil until golden brown and cooked through (cut into 1 to make sure), about 5 minutes, turning once or twice. Drain on paper towels and season with salt and pepper. Repeat with remaining chicken, bringing oil temperature back to 350°F between batches. Serve hot.

**PER SERVING** 588 Cal., 35g Fat (4g Sat.), 162mg Chol., 1g Fiber, 38g Pro., 29g Carb., 360mg Sod.



# MAKE SOMETHING BRAND NEW

## Easy BBQ Chicken Enchiladas

### What You'll Need

- 1 can (15 oz.) no-salt-added tomato sauce
- 1 cup KRAFT Original Barbecue Sauce
- 1 Tbsp. chili powder
- 3 cups shredded cooked chicken breasts
- 1 can (15 oz.) no-salt-added pinto beans, rinsed
- 1/2 cups KRAFT Mexican Style Finely Shredded Four Cheese, divided
- 2 green onions, sliced
- 12 corn tortillas (6 inch)
- 1 cup shredded lettuce
- 1/4 cup fresh cilantro, chopped
- 1 tomato, chopped

### Make It

**Heat** oven to 350°F.

**Mix** tomato sauce, barbecue sauce and chili powder in medium bowl until blended. Reserve 1/2 cup sauce for later use. Add chicken, beans, 1 cup cheese and onions to remaining sauce; mix lightly.

**Spoon** about 1/3 cup chicken mixture down center of each tortilla; roll up.

Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray; top with reserved sauce. Sprinkle with remaining cheese.

**Bake** 15 to 20 min. or until heated through. Top with remaining ingredients.



MANUFACTURER'S COUPON EXPIRES 10/31/2015

**SAVE 55¢**  
on your purchase of any  
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Available at your local  
**SUPERCENTERS**



# Mix Up Lunchtime!



**Lunchables**  
LUNCH COMBINATIONS

Available at your local  
**SUPERCENTERS**

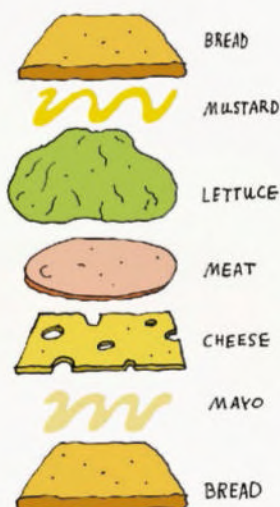


# PACK THE perfect LUNCH

When it comes to piecing together a child's school lunch—day in and day out, for the entire year—fatigue can set in quickly. Keep the midday meal fun and tasty with these simple recipes, time-saving shortcuts and unexpected touches

## BUILD A NO-FAIL SANDWICH

For a turkey-and-cheese that really holds up, start with sturdy whole-grain bread. Spread a thin layer of mustard or mayonnaise on each slice—the condiment acts as a barrier to keep meat, tomatoes and even lettuce from turning the bread soggy. Keep the layers as even as possible so the sandwich remains level. And cutting the finished product on the diagonal helps hold its structure, even if it's destined for a ziplock bag.



## PROVENÇAL BEEF SANDWICH

**COST PER  
SERVING** \$3.53  
**TOTAL** 5 min.

- 2 Tbsp. garlic-herb cream-cheese spread (such as Alouette)
- 1 whole-grain hamburger bun
- 2 Tbsp. chopped sun-dried tomatoes
- 4 oz. thinly sliced deli roast beef
- ½ cup baby spinach, tough stems removed

Spread cheese evenly on bun halves. On bottom half, layer tomatoes, beef and spinach. Top with remaining bun half.

**NUTRITIONAL INFO** 364 Cal., 14g Fat (7g Sat.), 80mg Chol., 4g Fiber, 35g Pro., 24g Carb., 1,014mg Sod.

**COST PER  
SERVING** \$2.04  
**HANDS-ON**  
5 min.  
**TOTAL** 13 min.

## CHICKEN QUESADILLA







- ½ cup shredded cooked skinless chicken
- ½ cup grated Cheddar
- ¼ tsp. cumin
- 1 tsp. finely chopped pickled jalapeño, optional
- 2 7-inch whole-wheat tortillas
- ¼ cup salsa

In a small bowl, combine chicken, cheese, cumin and jalapeño, if desired. Warm a medium skillet over medium heat. Spread chicken mixture over 1 tortilla and top with the other, pressing down with a spatula. Cook until golden brown and crispy, about 4 minutes. Carefully flip and cook 3 to 4 minutes longer. Allow to cool completely before packing, to keep it from getting soggy. Cut into 6 wedges. Send along with a small container of salsa.

**NUTRITIONAL INFO** 601 Cal., 27g Fat (15g Sat.), 119mg Chol., 9g Fiber, 45g Pro., 49g Carb., 1,052mg Sod.



**COST PER SERVING** \$1.18  
**TOTAL** 3 min.

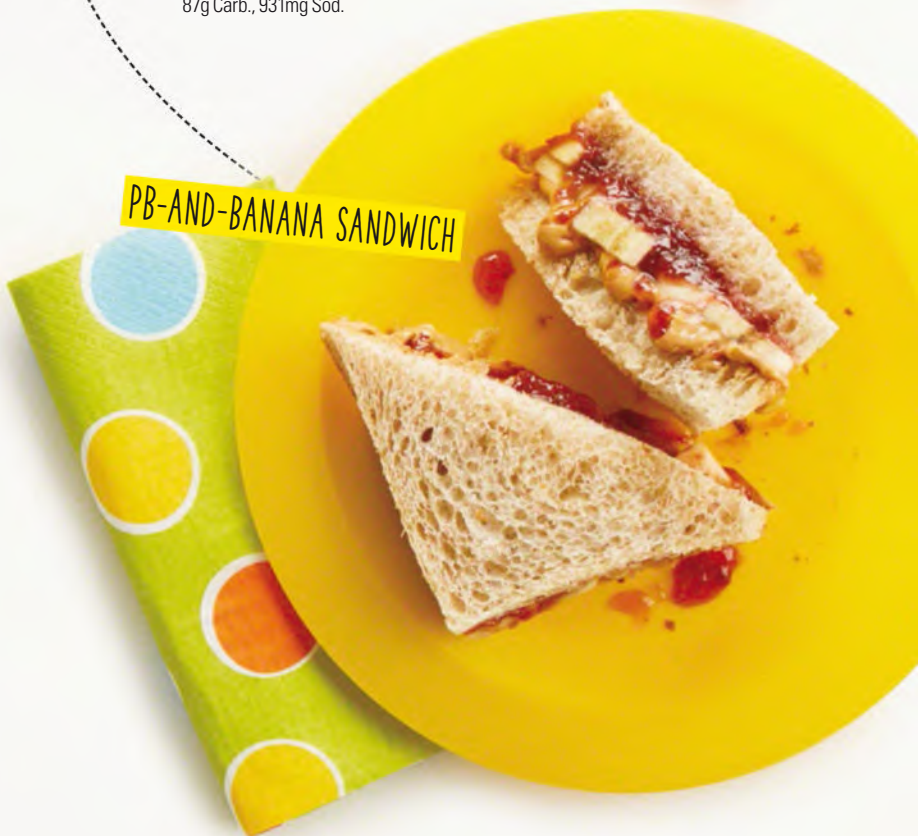
- 1½ Tbsp. peanut butter
- 2 slices whole-wheat bread
- 1 small banana, sliced
- 1½ Tbsp. all-fruit strawberry jam or spread

Spread peanut butter on 1 slice of bread. Arrange banana slices on top. Spread jam on other slice of bread; place on top. Cut in half.

**NUTRITIONAL INFO** 490 Cal., 12g Fat (3g Sat.), 0mg Chol., 8g Fiber, 13g Pro., 87g Carb., 931mg Sod.



## PB-AND-BANANA SANDWICH



## HAVE SOME Fun!

Want an easy way to brighten your kids' day? Make a silly face with eye, nose and mouth stickers—they lend an instant expression to a wrapped sandwich or snack bag.

Cartoon eye stickers, \$7 for 1,000; [orientaltrading.com](http://orientaltrading.com).





**COST PER  
SERVING** 46¢  
**TOTAL** 5 min.  
**YIELDS** 1½ cups

## HUMMUS DIP

- 1 15-oz. can chickpeas, drained, liquid reserved
- ¼ cup olive oil
- 2 Tbsp. lemon juice
- 2 Tbsp. tahini
- 1 clove garlic, minced
- ½ tsp. cumin
- Salt and pepper
- Pepper slices, celery sticks, baby carrots and grape tomato halves, optional
- Pita chips, optional

① In a food processor, puree first 6 ingredients plus ¼ tsp. salt and a pinch of pepper until smooth, adding some reserved liquid if necessary to improve texture. Taste and season with additional salt and pepper if desired.

② Pack ½ cup hummus in a sealable cup. Send with cut-up vegetables and pita chips, if desired.

**PER SERVING (ABOUT ½ CUP)**  
312 Cal., 23g Fat (3g Sat.), 0mg Chol., 6g Fiber, 7g Pro., 21g Carb., 376mg Sod.

## TUNA-SALAD PITA

**COST PER  
SERVING** \$2.73  
**TOTAL** 10 min.

- 2 5-oz. cans chunk light tuna in water, drained
- ⅓ cup mayonnaise
- 1 Tbsp. fresh lemon juice
- ½ tsp. Dijon mustard
- Salt and pepper
- 1 6-inch whole-wheat pita, halved
- 2 to 4 thin tomato slices
- ½ cup finely shredded romaine lettuce

① Mix first 4 ingredients in a medium bowl until well combined. Season with salt and pepper. Place ½ tuna salad in an airtight container; cover and chill (will keep for up to a week).

② Spread remaining salad in pita pockets. Carefully push in tomato and lettuce.

**NUTRITIONAL INFO** 478 Cal., 23g Fat (3g Sat.), 66mg Chol., 6g Fiber, 34g Pro., 39g Carb., 944mg Sod.

SCAN  
EACH DISH  
TO SAVE THE  
RECIPE AND  
SHOP FOR  
INGREDIENTS.  
See page 2.

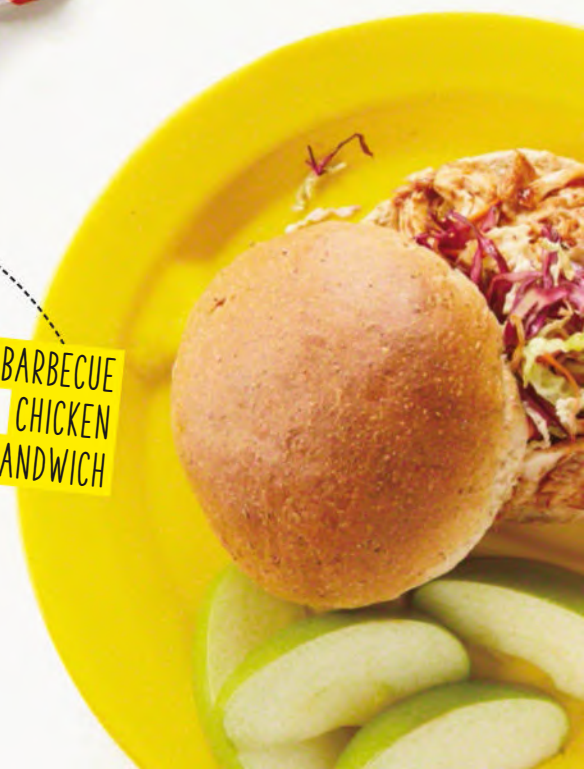
- ¼ cup coleslaw mix
- 1 tsp. minced red onion
- ½ tsp. cider vinegar
- ¾ cup shredded cooked skinless chicken
- 2 Tbsp. barbecue sauce
- 1 whole-wheat hamburger bun

In a small bowl, toss coleslaw mix, onion and vinegar. In a separate small bowl, combine chicken and barbecue sauce until chicken is coated. Heap chicken onto bottom half of bun; top with coleslaw. Top with other bun half.

**NUTRITIONAL INFO** 403 Cal., 6g Fat (1g Sat.), 89mg Chol., 3g Fiber, 39g Pro., 45g Carb., 1,014mg Sod.

## BARBECUE CHICKEN SANDWICH

**COST PER  
SERVING** \$1.24  
**TOTAL** 5 min.





## SAVE TIME SMART SHORTCUTS

Automate part of the packing without sacrificing nutrition.

**A PREMADE, JUNK-FREE LUNCH**  
All items in Half Time boxed lunches are free of antibiotics, preservatives and artificial ingredients. Plus, kids get to make their own bite-size sandwiches with crackers, cheese and deli meat.

Half Time lunch kit, Applegate, \$5; at supermarkets.



**YOGURT ON THE GO**  
The yogurt is made with just five ingredients. Each easy-to-grab tube has 6 grams of sugar or less.

Low-fat yogurt, Siggi's, \$4 for a box of 8 2-oz. tubes; at supermarkets.

**BITE-SIZE CHEESE**  
Ideal for a lunch box, each package contains 70 calories' worth of fresh mozzarella balls, made with hormone-free milk.

Fresh mozzarella, BelGioioso, \$5 for 6 1-oz. packages; at supermarkets.



**EXTRA-APPEALING VEGETABLES**

These bags of baby carrots come with little flavor packets, such as ranch or chili lime.

Veggie Snackers, Bolthouse Farms, \$4 for 4 2.25-oz. bags; at Giant Eagle.

## GUARD AGAINST *crushed* CHIPS



Ever notice how a bag of chips, pretzels or cookies is full of (sometimes mostly) air? In industry-speak, it's called *slack fill*, a move intended to keep the food from getting crushed. Take the same tack when packing delicate or crunchy items in a baggie: Before you seal the bag, fill it with a little air.

GETTY IMAGES (EGG, CLEMENTINE, POPCORN), ISTOCK (EDAMAME, GRANOLA BAR)



Choline, a nutrient in eggs, helps memory development. Hard-boil a batch and refrigerate for up to a week.



A single clementine more than fulfills the recommended daily requirement of vitamin C for children ages 4 to 8.



Air-popped popcorn is low in calories and high in fiber and antioxidants.



One cup of edamame contains about 12 grams of protein.



A granola bar made with whole grains can be dessert.



SCAN THE MOZZARELLA TO BUY THE PRODUCTS IN THIS STORY. See page 2.

## 5 IDEAS FOR SIMPLE SIDES



**COST PER  
SERVING** \$2.43  
**HANDS-ON**  
21 min.  
**TOTAL** 31 min.

### PEANUT SAUCE:

- ½ cup creamy peanut butter (not natural or old-fashioned)
- ½ cup low-sodium chicken or vegetable broth
- 3 Tbsp. low-sodium soy sauce
- 2 Tbsp. rice vinegar
- 2 Tbsp. sugar
- 1 Tbsp. toasted sesame oil
- 1 tsp. freshly grated ginger
- ½ tsp. sriracha

① Make peanut sauce: Combine all ingredients in a medium pan. Bring to a boil over medium heat, stirring constantly. Continue cooking and stirring until sauce is thick, about 2 minutes. Let cool.

② Make noodle salad: Bring a pot of salted water to a boil. Cook pasta until al dente, about 10 minutes, adding edamame for last 3 minutes and broccoli and snow peas for last minute. Drain; run under cold water. Transfer to a large bowl, shaking off excess water. Add remaining vegetables. Toss with ¼ cup sauce.

**NUTRITIONAL INFO** 522 Cal., 20g Fat (4g Sat.), 0mg Chol., 10g Fiber, 22g Pro., 69g Carb., 731mg Sod.

### SESAME NOODLES

### NOODLE SALAD:

- Salt
- ¾ cup whole-wheat penne
- ¼ cup frozen edamame
- ¼ cup small broccoli florets
- ¼ cup snow peas
- ¼ cup diced cucumber
- ¼ cup diced red bell pepper
- ¼ cup chopped radish
- ¼ cup shredded carrots
- 2 scallions, sliced



### AN EDIBLE ICE PACK

The night before, place washed grapes in a sealable plastic bag and pop it in the freezer. The next morning, place the bag in your kid's lunch box to help keep perishable foods cold. Bonus:

A cool, fruity treat!

SCAN  
EACH DISH  
TO SAVE THE  
RECIPE AND  
SHOP FOR  
INGREDIENTS.  
See page 2.

## SCHOOL LUNCHES THROUGH THE YEARS

### EARLY 1900S

In the late 1800s, most schoolchildren returned home at midday for a hot meal. In the early 1900s, schools in cities began offering lunch to students for a few cents; the menu was determined by a brand-new field: nutritional science.



### 1930S

A typical lunch consisted of a main dish (such as meat-and-vegetable stew), a butter sandwich, a piece of fruit and milk or cocoa—which might cost about 10 cents. Some students brought their own brown bags or lunch kits with similar fare.



### 1935

The first lunch box depicting a popular character—Mickey Mouse—debuts.

### 1944

As more moms head to wartime jobs, an increasing number of students depend on schools for lunch. The federal government issues a school lunch "cookery booklet."

Source: foodtimeline.org



- 2 5-oz. cans chunk light tuna in water, drained
- ½ cup mayonnaise
- 1 Tbsp. fresh lemon juice
- ½ tsp. Dijon mustard
- Salt and pepper
- ½ cup chopped roasted red peppers
- ¼ cup pitted black olives, roughly chopped
- 1 tsp. olive oil
- 1 tsp. balsamic vinegar
- 1½ cups shredded romaine lettuce
- Whole-grain crackers, optional

1 Mix first 4 ingredients in a medium bowl until well combined. Season with salt and pepper. Place ½ tuna salad in an airtight container. Cover and chill (will keep in fridge for up to a week). Fold peppers and olives into remaining salad.

2 In a separate medium bowl, drizzle oil and vinegar over lettuce; toss well. Season with salt and pepper and toss again. Place tuna salad over lettuce; serve with crackers, if desired.

**NUTRITIONAL INFO** 423 Cal., 30g Fat (14g Sat.), 66mg Chol., 3g Fiber, 28g Pro., 10g Carb., 1,060mg Sod.

**COST PER SERVING** \$3.36  
**TOTAL** 10 min.

## CLASSIC ROAST BEEF SANDWICH

- 2 Tbsp. Thousand Island dressing
- 2 thin slices whole-grain bread
- 2 oz. thinly sliced deli roast beef
- 1 slice Muenster
- 2 thin slices from a large tomato
- ½ cup shredded romaine lettuce

Spread dressing on both bread slices. Top one slice with beef, then cheese, followed by tomato and lettuce. Top with second bread slice. Cut in half or in quarters.

**NUTRITIONAL INFO** 464 Cal., 23g Fat (8g Sat.), 62mg Chol., 5g Fiber, 21g Pro., 38g Carb., 1,271mg Sod.

**COST PER SERVING** \$2.07  
**TOTAL** 5 min.

## MEDITERRANEAN TUNA SALAD

### 1960S

New schools are built with cafeterias; students at older schools still eat in a gymnasium or large room set up with temporary tables. A 1968 story in the *Los Angeles Times* notes that across the country, children tend to prefer "meats and sweets" over vegetables.



### 1950S

Lunch programs feel the crunch as boomer kids arrive in schools. Up until now, the holy grail of a nutritious lunch had been a hot meal; now schools recognize it doesn't have to be warm to be healthy. Vending machines start making appearances in high schools.

### 1976

A Wisconsin cheesemaker invents stringy mozzarella sticks and soon packages them in individual vacuum-packed wrappers; string cheese as we know it is born.



### 1988

Lunchables debut, piggy-backing on the popularity of TV dinners.



### 2014

Studies show that packed lunches are less healthy than those bought at school. See "The Anatomy of a Healthy Lunch Box" on page 60.



# 3

## STANDOUT LUNCH BOXES



### BENTO BOX

This modular, stackable container snugly snaps together; the blue layer in the middle is an ice pack you can put in the freezer.

Rubbermaid LunchBlox kids kit, \$10; at Walmart.



### EASY TO CLEAN

Because of this insulated container's seamless interior, you can quickly spot-clean it with a sponge.

Print ClassMate EZ Wipe lunch box, \$24; landsend.com.



### TWO-TIER

The lower level of this bag houses a separate microwave- and dishwasher-safe container. The shoulder strap is detachable.

Wildkin Double Decker lunch bag, \$28; kohls.com.



## MAKE LUNCH CUTER

Break out your baking tools and cut meat, cheese, vegetables and more into fun shapes.

2½" cookie cutter, Ann Clark, \$2; bedbathandbeyond.com.

THE PERFECT LUNCH DESERVES A GREAT LUNCH BOX. SCAN THE COOKIE CUTTER TO LAUNCH OUR BTS SHOPPING TOOL. See page 2.



## GO BYOB

Drinks packaged in paper boxes can be full of added sugars, so why not send kids to school with a healthy beverage in a reusable container? This BPA-free box is made of Tritan, a durable plastic that won't get crushed in a backpack. Fill it with fresh juice, milk or a nondairy milk alternative.

Drink box (8 oz.), Precidio Design, \$12; drinkinthebox.com.

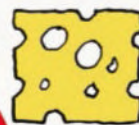
COST PER SERVING \$3.57  
TOTAL 5 min.

## THE ANATOMY OF A *healthy* LUNCH BOX

You need five main components: a protein, a fruit, a veggie, milk and at least one serving of grains.

### grains

At least one serving, half of which must be rich in whole grains. (Suggestions: 2 slices of whole-grain bread or ¾ cup whole-wheat pasta.)



### protein

Roughly 2 ounces. Think: 2 ounces lean deli meat (or cheese), 2 eggs, 24 almonds or 2 tablespoons nut butter.

### veggies

¾ cup for grades K–8 (9 baby carrots); 1 cup for grades 9–12 (12 baby carrots, 10 broccoli florets, one large sweet potato or one large ear of corn).



### fruit

½ cup for grades K–8; 1 cup for grades 9–12. A 1-cup serving could be a large banana, 8 large strawberries or 32 grapes.



### milk

One cup. Consider low-fat or fat-free—regular or chocolate—or offer soy or almond milk instead.





## ROAST BEEF WRAP

**COST PER  
SERVING** \$3.84  
**TOTAL** 10 min.  
**SERVES** 1

- 1 Tbsp. mayonnaise
- $\frac{3}{4}$  tsp. wasabi paste
- $\frac{1}{2}$  tsp. low-sodium soy sauce
- 1 10-inch multigrain wrap
- 1 cup baby arugula
- 4 oz. thinly sliced deli roast beef
- 2 scallions, trimmed, halved lengthwise
- $\frac{1}{4}$  cucumber, peeled if desired, cut lengthwise into thin strips ( $\frac{1}{2}$  cup)

In a bowl, mix mayonnaise, wasabi and soy sauce. Spread over wrap; top with arugula and beef. Arrange scallions and cucumber down center, then roll up tightly. Cut in half.

**NUTRITIONAL INFO** 444 Cal., 19g Fat (4g Sat.), 65mg Chol., 6g Fiber, 33g Pro., 38g Carb., 1,518mg Sod.

SCAN  
EACH DISH  
TO SAVE THE  
RECIPE AND  
SHOP FOR  
INGREDIENTS.  
See page 2.

- 2 Tbsp. mayonnaise
- 2 Tbsp. mango chutney
- 1 tsp. curry powder
- $\frac{1}{2}$  medium tart apple, such as Granny Smith, peeled, cored, diced
- 1 cup shredded or chopped cooked skinless chicken
- $1\frac{1}{2}$  cups salad greens

In a medium bowl, stir together mayonnaise, chutney and curry powder until well combined. Fold in apple and chicken. Serve over greens.

**NUTRITIONAL INFO** 571 Cal., 26g Fat (4g Sat.), 129mg Chol., 3g Fiber, 44g Pro., 40g Carb., 595mg Sod.

## CURRIED CHICKEN SALAD



**COST PER  
SERVING** \$3.02  
**TOTAL** 10 min.

- $\frac{1}{4}$  cup diced cucumber, peeled if desired
- $\frac{1}{4}$  cup diced tomato
- $\frac{1}{4}$  cup diced red onion
- $\frac{1}{4}$  cup chopped black olives
- $\frac{1}{4}$  cup crumbled feta
- $\frac{1}{2}$  tsp. olive oil
- $\frac{1}{2}$  tsp. red wine vinegar
- Salt and pepper
- $\frac{1}{2}$  cup Hummus Dip (see recipe, page 56)
- 1 6-inch whole-wheat pita, halved

In a small bowl, toss vegetables and cheese with oil, vinegar and a pinch each of salt and pepper. Spread hummus evenly in pita halves and fill halves with vegetable mixture.

**NUTRITIONAL INFO** 649 Cal., 37g Fat (10g Sat.), 33mg Chol., 12g Fiber, 20g Pro., 64g Carb., 1,536mg Sod.



## HUMMUS IN PITA



# LUNCH BOX Love

Sneak in one of these classic jokes while you're packing lunch to give your kids (and the whole table) some laughs.

Cut out the little notes or print them at home  
from [allyou.com/lunchbox-notes](http://allyou.com/lunchbox-notes)



Have a great day!

What do  
you call a  
noodle in  
DISGUISE?



AN IM-PASTA-NATOR

Have a great day!



WHAT DOES  
A TREE LIKE  
TO DRINK?

ROOT BEER

Have a great day!

What did  
the eraser say  
to the pencil?



WOW, YOU LOOK SHARP!

Have a great day!

How  
does the  
ocean  
say hi?



IT WAVES

Have a great day!



CAN  
I TELL YOU  
A JOKE  
ABOUT  
PIZZA?

FORGET IT—YOU'LL THINK IT'S CHEESY

Have a great day!

What kind of pig  
practices karate?



A PORK CHOP





**Finally, 100% natural lunchmeat that's 100% delicious.**

Hillshire Farm Naturals. Slow roasted and perfectly spiced. With absolutely no artificial ingredients or preservatives. You'll love how it tastes or we'll eat the costs.

**Visit [hillshirefarm.com/guarantee](http://hillshirefarm.com/guarantee) for details.**



Offer valid in USA, 18+ from 7/1/15 – 9/30/15. If we "Eat it": Limit 1 refund (up to \$7.00) per household. Offer good only with a qualifying purchase of a Hillshire Farm Naturals 8oz product. Void where prohibited.



# Share THE TASTE OF Summer ALL YEAR LONG

Ranch  
& Bacon  
Pasta Salad

NO Recipe  
Needed! →



©2015 General Mills

TRY  
ALL  
7  
Flavors!







OUR EXPERT  
**CHERYL SLOCUM**,  
senior food editor,  
*Cooking Light*

# Smart Food Advice

Helpful tips to make your time in the kitchen easier and tastier

## POLISH UP YOUR APPLE IQ

The United States is home to about 2,500 varieties of apples—and you can typically find 10 varieties or so at the store year-round. How to choose? Use our cheat sheet to pick the best apples for eating fresh, for baking or for stewing (think applesauce).



*Granny Smith*



VERY TART FLAVOR,  
CRISP, SLIGHTLY DRY FLESH,  
TOUGH SKIN

*Pink Lady*



SWEET-TART FLAVOR,  
CRUNCHY TEXTURE

*Red Delicious*



MILD FLAVOR, JUICY,  
CREAMY FLESH

*Fuji*



SWEET, CRISP  
FLESH

*Cortland*



TANGY-TART FLAVOR,  
VERY JUICY

*Braeburn*



SWEET-TART, JUICY,  
CRISP FLESH

*Honeycrisp*



BRIGHT FLAVOR,  
CRUNCHY TEXTURE

*Golden Delicious*



SWEET FLAVOR,  
FIRM FLESH, THIN SKIN

*Gala*



SUPER SWEET  
FLAVOR, THIN SKIN

*Easy recipe!*

### USE ANY BAKING APPLE IN THIS SIMPLE, SIX-INGREDIENT CRUMBLE.

Toss 3 peeled and sliced baking apples with  $\frac{1}{3}$  cup light brown sugar,  $1\frac{1}{2}$  Tbsp. butter, a pinch of salt and  $\frac{1}{2}$  tsp. cinnamon. Divide among 6 6-oz. ramekins. Crush 12 store-bought oatmeal cookies and toss with 2 Tbsp. brown sugar and 1 Tbsp. cut-up cold butter. Sprinkle mixture over apples. Bake at 425°F until mixture is bubbly and topping is browned, about 10 minutes. Tastes like fall!



# DIPPING = JUST GOT = DELICIOUS



NEW  
**CLUB**  
SNACK STICKS



©, TM, © 2015 Kellogg NA Co.

\*goodtoknow



## GET OUT OF A SNACKING RUT

The most important rule of healthy snacking? Switching things up so you don't get bored and reach for something with too much added sugar or salt. Introduce variety with these ideas.

### UNLIKELY COMBOS

A fruit-and-cheese plate is classic, but combine fruit with meat for a snacking experience on another level. Wrap an apple wedge in a piece of salami or some melon in thinly sliced prosciutto. The salty-sweet bite is oh-so-satisfying.

### SMART SWAPS

Put down that bag of chips and make your own crunchy substitute. Set the oven to 375°F and toss thin vegetable slices with olive oil. Bake until dry, turning occasionally. Try this technique with butternut squash, radishes or beets.

### SMALL SWEETS

Indulging in a tiny sugary treat can often curb larger dessert cravings. Allow yourself a handful of dark chocolate-covered almonds or a smear of peanut butter and honey on a cracker to keep your sweet tooth in check.

2,058  
POUNDS  
THE WEIGHT OF  
THE LARGEST  
PUMPKIN EVER  
GROWN IN  
NORTH AMERICA

EDITORS'  
**PICK**

## SURFACE MATTERS

A solid nonstick pan is an essential in the kitchen. It makes low-fat cooking easier and cleanup a breeze. Zwilling's Motion fry pan is safe at higher temperatures (450°F in the oven), it's dishwasher-safe—and it's a steal.

Motion 8" fry pan, Zwilling, \$30; at Bed, Bath and Beyond.



SCAN  
THE SKILLET  
TO BUY IT.  
See page 2.

GETTY IMAGES (CHIPS)



# WELCOME TO THE CLUB

## SNACK BAR

### TODAY'S SPECIALS

THE VEGGIE  
CLUB

THE PB&J  
CLUB

THE HAM & CHEESE  
CLUB



Turn your kitchen into the family snack bar  
with light, flaky, buttery **Club® Snack Crackers**.  
For satisfied customers, every time.





# Where should my kid go to college?

Get the answers with the *Money College Planner*™.



The right school. The right price. The best value.

Value-focused  
rankings

Customizable search  
of 700+ schools

One-on-one  
expert advice

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tools

For \$24.95 a year, the *Money College Planner*™ will help you find the schools that your child will love and your finances can handle. Stress averted.

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**UNIGO**  
Go. Find. You.



# \*yourfamily

FUN FOR ALL AGES, EXPERT PET ADVICE AND NEW WAYS TO CONNECT WITH LOVED ONES

## BEING A MOM HELPS YOU...

### ROLL WITH THE PUNCHES

Unpredictability is part of life with children! The good news is that you learn to go with the flow—which serves you well in all areas of life. Adaptability can help you handle an unexpected move, for example, or a new boss or last-minute change in travel plans.

## FORGET 'PERFECT PARENTING'

Pressure's off! It's harder for new moms and dads to adjust to their parenting roles if they are striving for perfection, a study at Ohio State University found. Save yourself the time and mental energy.

## BEING A MOM HELPS YOU...

### JUGGLE A MILLION THINGS

Once you have a child, you don't have the luxury of doing just one thing at a time, so you learn how to manage—and not get flustered.

Even biology backs this up: A study in the journal *Behavioral Neuroscience* found that, after their children's births, women's brains showed growth in a region linked to reasoning, planning and judgment.



## BEING A MOM HELPS YOU...

### STRENGTHEN LEADERSHIP SKILLS

At its core, motherhood is about leadership—steering another human being through the developmental stages, teaching, mentoring, listening and guiding the person to adulthood. And that role translates outside the home—giving you tools to take on a head position at work or in a community organization.

## BEING A MOM HELPS YOU...

### BECOME A MASTER NEGOTIATOR

As a mom you learn to advocate for your children—to ensure they are getting the best care and treatment possible. On the flip side, you also have to learn to negotiate with your little ones (persuading them to eat their peas and carrots, for example). That can translate into knowing what it takes to bring the price down at a car dealership or the smart moves to make when asking for a raise.

Source: Julie de Azevedo Hanks, PhD, a licensed clinical social worker and owner of Wasatch Family Therapy in Salt Lake City

# Hey, Mom, You've Got MAJOR SKILLS!

Parenthood helps you hone some impressive abilities, useful at work and in life. Here's how being a mom can help bring out the best in you

**A TOP MOM BLOGGER WEIGHS IN** *"I work in the news broadcast industry, which is high stress. But home is totally crazy, too. Every morning, I get two kids awake, fed and dressed (it usually involves a debate with my toddler about why she can't wear an Elsa gown), pack lunches, put homework in backpacks and, oh yeah, somehow get myself ready for work, then do school drop-offs. After all that, I can handle almost anything. Breaking news, panicked reporters—bring it."* —Lauren Berger, founder of WorkingMomMagic





# 'WE'VE BEEN BEST FRIENDS FOREVER!'

Is there anything better than a woman who always has your back? These three groups—a twosome, a foursome and a gaggle of eight—have been pals since childhood, sharing everything including life's big moments and rides in their 'mom-mobiles.' Here are their stories of long-term bonding *By Alison Gwinn*

BACK IN 1982

Laura and Kelly with similar bags on the first day of kindergarten.





# 'SHE IS THE SISTER I NEVER HAD.'

LAURA PASSMORE  
(far left) and  
KELLY KAUFMAN,  
Deerfield, Ill.,  
both 38

"I can't look  
through a  
photo album  
without  
seeing us  
together,"  
Laura says.

**HAVING GROWN UP** two houses apart in the Chicago suburb of Deerfield, Kelly Kaufman and Laura Passmore say they can't recall not knowing each other. "I remember that when we were about 3, Kelly's sitter said Kelly could use my special blue cup, and I was upset that I had to share!" Laura says.

But pretty soon, the two were sharing everything. "Laura had an awesome tire swing in her yard and a cardboard castle in her basement," Kelly says. "We would play for hours with dolls—Barbies, Cabbage Patch—or we'd make forts under groups of trees, just using our imaginations."

From the get-go, their friendship became like a sisterhood. "We both have brothers, so we each became the sister we never had," Kelly says. Their only hiatus, which came after Kelly moved a few blocks away and went to a different middle school, ended on their first day of high school. "In freshman gym class, we discovered that we were assigned lockers right next to each other," Laura recalls, "and it took us about five seconds to become best friends again."

Even going to college in different states didn't matter—somehow each of them was always there for the big moments in the other's life.

Although their paths diverged after college—Laura got married and is a stay-at-home mom with three kids, while Kelly pursued a public relations career in Chicago before marrying and becoming a working mom with two kids—they both are back in Deerfield where, they say, being able to share their different lives has made the friendship stronger. "A quick lunch can quickly turn into a two-hour get-together," Kelly says. "My husband would probably go crazy if he had to listen to all the things I talk to Laura about! She is like family to me, and I wouldn't be the person I am today without her."

Says Laura, "What we share is stronger than sisters, because we choose this bond. And when we are with our five children and our husbands, I smile because I still feel like we are the girls with the matching apple tote bags on our first day of kindergarten."



# 'WE'RE THE GOLDEN GIRLS—TIMES TWO!'

From left:  
SHAKUNTALA GHOLSTON,  
Garland, Texas,  
PRUEDECE WILLIAMS,  
Richmond, Texas,  
TOYSHA WALKER, Washington, D.C.,  
PONCHITTA LILLY, Longview, Texas,  
DENESE TOLIVER, Houston,  
KETRESE WHITE, Katy, Texas,  
WEVONDALA FRAZIER, Dallas,  
MILLICENT HOOPER, Arlington, Texas,  
all 41

## BACK IN 1992



The gang (with two pals and minus Pruedence) at their High School Celebration. Toysha (far left) was voted "Most Athletic," Shakuntala (in green) "Friendliest" and Ponchitta (center, in black and white) "Most Beautiful."

**W**HO WANTS just one best friend when you can have seven? That's the attitude of these childhood besties, who grew up "connected at the hip," Ketrese White says, in the small East Texas city of Longview. They were all active in sports (softball, basketball and track, plus cheerleading and pep squad), took honors classes and hung out together after school. "Most of us had single working parents, so the way we stayed out of trouble was to go to someone's house," says Ponchitta Lilly, who owns an online cosmetics store. And while the eight now live apart, they are still enviably close, with each playing a different role in the group. Here's how Ponchitta describes them: "Kunta [Shakuntala Gholston] is our Miss Hospitality. Meachie [Millicent Hooper] is our voice of reason. Toy [Toysha

Walker] is our warrior princess—fearless. Petey [Denese Toliver] is our overachiever. Poo [Ketrese] is our comedian—full of quick comebacks. Wee [Wevondala Frazier] is a born leader—she questions everything. Pru [Prudence Williams] is analytical and intense. And I am Miss PR Rep—I bring everybody together."

"When I think of our friendship, I think we are the modern Golden Girls—times two," says Millicent, a baker. "It's many different personalities, strengths and weaknesses, but that is what balances a relationship."

One role they all play is being one another's supporters,







The women kick back on Shakuntala's mother's patio in Gilmer, Texas.

whether that's getting on a prayer call to lift one woman's spirits, celebrating a birthday or wedding anniversary, or all pitching in to help Ponchitta launch the Faces of Beauty Foundation, which helps local victims of domestic violence.

Their loyalty has cemented their bond, which stays strong even through the occasional conflict. "We're all human and, yes, we have our problems just like any other friends," says Prudence, a psychologist. "But our problems don't define us. We always find ways to work it out."

The eight try to get together at least once a year and, in between, talk frequently by phone ("When we do," says

Ketrese, a nursing supervisor, "we pick up right where we left off—always have and always will"), group-text almost weekly ("sometimes because one of us just wants to send an 'I love you, girls,'" Wevondala says) and give each other virtual group hugs through their private Facebook page (it's so lively that a stranger who accidentally got access to it secretly eavesdropped for years before finally 'fessing up).

Prudence sums up the friendship this way: "Oprah Winfrey once said, 'Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.' My friends are true."



# 'WHEN WE'RE TOGETHER, IT SOUNDS LIKE HIGH SCHOOL GIRLS AT A SLEEPOVER.'

From left:

ALLYSON GIANDOMENICO, 36, Deptford, N.J.,  
DENISE KOVALEVICH, 37, King of Prussia, Pa.,  
SARAH STRINGER, 37, Sicklerville, N.J.,  
LIZ PIGLIACELLI-TURSI, 37, Barrington, N.J.

BACK IN 1996



Clowning around with three pals in front of the Jaws ride at Universal Studios Florida in Orlando.

**M**ORE THAN 30 YEARS have passed since these four met at preschool in Oaklyn, N.J. Although they no longer spend their time at Girl Scout Brownie meetings or doing “jump-rope-athons” together, they still consider themselves the best of friends.

“It’s the same as when we were kids, because we still have that childhood bond of silliness,” says Liz Pigliacelli-Tursi, a stay-at-home mother of five. “We know we can talk about anything, no matter how stupid it might sound to others.”

Of course, it’s not all silliness. When Denise Kovalevich



was battling a rare chronic migraine condition that, in her words, left her a shell of who she used to be, her friends were her rock. “I remember just crying alone in bed,” she says, “but their words of comfort—and humor—helped me get through those tough days. They have the gift of making the worst of times funny.”

Later, there was the time Denise decided to leave a successful job to start her own public relations firm. She recalls her friends’ reaction: “Instead of saying, ‘Are you sure? What will you live on?’ they just raised their margaritas and told me, ‘It’s about time! You are going to





The “Oaklyn girls,” as they call themselves, toast their friendship at the Oaklyn Manor.

be amazing.’ I could have cried right there—I felt so loved.”

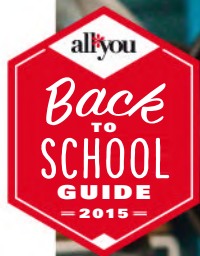
Sarah Stringer, a social worker, received similar support when her father died on Christmas Eve two years ago. “It was such a hard loss, but they really helped me get through it,” she says. “I can’t even count the times these women have picked me up over the years.”

Says Allyson Giandomenico, a business analyst, “I think our secret ingredient is how effortless it is: None of us is interested in petty things that can damage or strain relationships.” And, Liz says, they make getting together a priority: “It’s never ‘Are we going out for Ally’s

birthday?’—it’s ‘When are we going out for Ally’s birthday?’ Even if it takes several reschedules, we make it a point to celebrate each other.” And, most of all, to have fun.

One night when they decided to hit the Oaklyn Manor bar after dinner, Denise hitched a ride in Liz’s “mom-mobile,” which was crammed full of her children’s stuff. “I am about to complain,” Denise recalls, “and Liz says, ‘Oh, shut up. Get your skinny butt in Luke’s car seat, and let’s go!’ So there we were: Liz blaring Mötley Crüe with the windows down, me squished into her 6-year-old’s car seat, and Sarah and Allyson watching us, dying laughing.”





Rely on a few  
daily habits  
to help kids

# Get Organized

GALLERYSTOCK





NOT READY  
FOR SCHOOL?  
SCAN HERE TO  
LAUNCH OUR BTS  
SHOPPING TOOL.  
See page 2.

Your children might not want to hear it, but the school year is upon us. Establish morning, afternoon and nighttime routines at home so things run more smoothly during the months ahead

GETTY IMAGES

## MORNING ROUTINES

### Face the day

Plan to rise an hour or so earlier than everyone else. That way you can quietly enjoy a cup of coffee, get showered and dressed, and review your schedule so you don't feel as frazzled later. Now is also the time to exercise—even if you're tired. Doing so gives you more energy to tackle the day ahead.

### Wake them up

A light back rub might do the trick for some children, but kids who beg for "just five more minutes" probably need a loud alarm. Consider one that requires the child to perform a small task. The Puzzle Alarm Clock app (free, Android) makes kids solve puzzles to turn it off.



### CHOOSE THEIR CLOTHES

Pick and lay out complete outfits with your kids the night before. Or put together a week's worth, using hangers and clips, and arrange them in the front of the closet. For little ones, try hanging a shoe rack over the door as a sorter; fill lower pockets with socks, T-shirts and similar items.



### TIP

Use task charts to show kids how to get ready, step by step. Picture charts are best for little ones; you can make short lists for older children. Keep one chart in the bedroom for tasks that need to be completed there and one in the kitchen for all the rest. This strategy will help keep your brood from returning to their bedrooms and dawdling once they've dressed and come to breakfast.

### Ensure they neaten up

Don't skip morning chores. Even little kids can pull up a comforter and set their pillow on top.

### Break the bathroom bottleneck

Place toothbrushes, toothpaste, hairbrushes and hair accessories in easy-to-reach cups and baskets in the bathroom, labeled with each child's name. When the items are clearly marked, kids won't end up squabbling over what they need.



### Have breakfast waiting

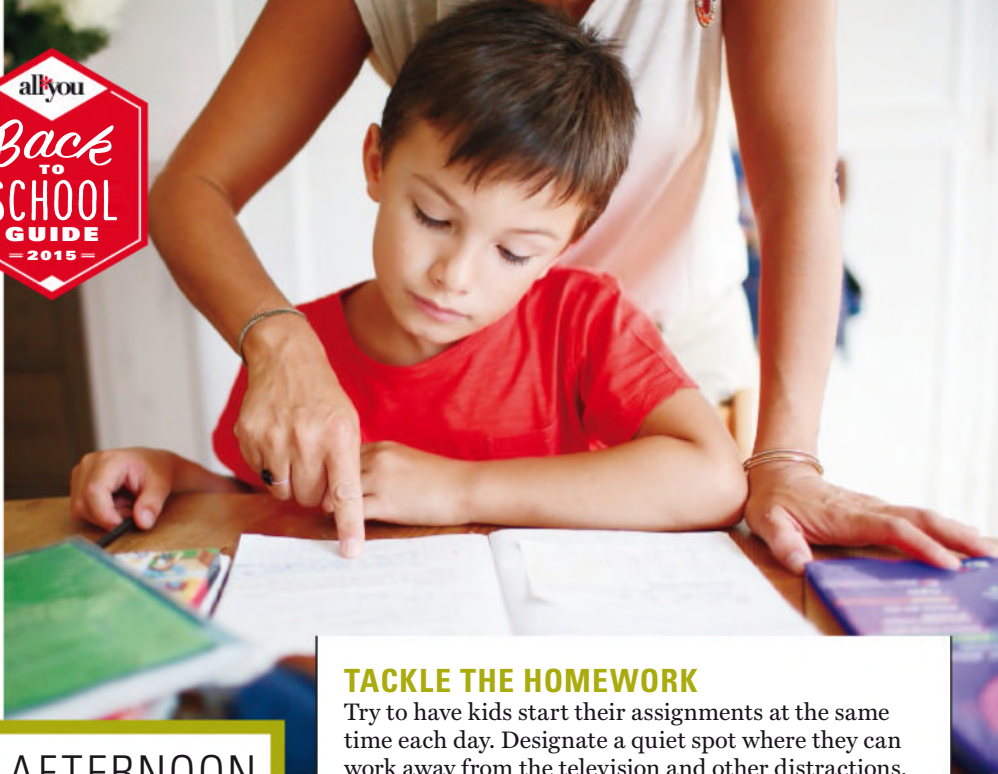
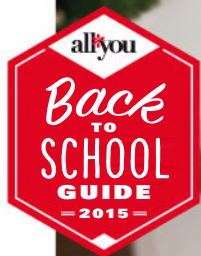
Put out a few grab-and-go options ahead of time, such as cereal, fruit and yogurt, or things that kids can quickly fix themselves. Good choices include toaster waffles, instant oatmeal and toast spread with almond butter or cream cheese.



### Leave on time

Put up a list in the foyer with all the items your children need to remember to take with them each school day: backpack, lunch, gym clothes, musical instrument. Have the kids check off each item prior to leaving.





## AFTERNOON ROUTINES

### Unpack kids' stuff the minute they get home

Have them empty and sort their backpacks and place their action folders (see tip, top right) in an in-box near the door. While they're doing homework, go through each folder, marking upcoming school events on your calendar and checking for permission slips that need signing.

## NIGHTTIME ROUTINES

### Prep their lunches

Before you go to bed, pack easy snacks—such as grapes, plums, clementines, cut-up carrots, chips and cookies—in ziplock bags so they are ready to pick up and toss into the kids' lunch boxes.



But don't make the sandwiches until the morning; otherwise they might get soggy.

### TACKLE THE HOMEWORK

Try to have kids start their assignments at the same time each day. Designate a quiet spot where they can work away from the television and other distractions, and check in to see that they're staying on task and taking breaks. If your kids resist, remind them that once the work is done the evening is theirs. But until then: no phone, tablet or computer, no playing with friends, no watching TV. Now is also time for them to tell you about that extra-credit project.

### Get them fueled up and wound down

Have a snack such as string cheese, trail mix or apple slices topped with a tablespoon of peanut butter ready to pass out once they've unloaded their gear. Give them time to nibble and chill out before making them dive into homework. Save chores for later, too—like right before and just after dinner.



### TIP

Buy each child a plastic two-pocket "action folder." Label one side TAKE HOME and one side TAKE TO SCHOOL. Make sure that you deal with all papers in the first pocket, that everything that needs to go back to school is placed in the second pocket and that the folder is stowed in the backpack before bedtime.



### Make dinner

Have everyone pitch in with meal prep—a great time to share your day with one another. Remember to keep the conversation going once everyone is at the table, too. Come up with a question of the day to ask everyone, or have each family member describe a daily highlight.



### ORGANIZE THEIR BACKPACKS

Ideally the packs should be placed or hung near the door so they can be grabbed on the run. Consider putting shoes (with a sock in each) beneath each bag. And be sure to pack a "go bag" with breakfast bars, hair

accessories, sugarless gum ("Mom! I forgot to brush my teeth") and some small bills in case of emergency.

### Schedule bath time

Having kids bathe or shower before bed takes some of the stress out of the morning crunch. If space is tight in the bathroom, consider giving each child a shower caddy labeled with his or her name to carry back and forth from the bedroom.



### Power down

An hour before bedtime, turn off computers and TVs and store phones outside of kids' bedrooms. Research found that children who sleep near small screens sleep 21 fewer minutes at night than those who don't.

### Establish a bedtime ritual

Lay out pajamas and make sure teeth have been brushed. Then spend time reading aloud with them; even older kids enjoy the tradition. Tuck everyone in, and then it's lights out!

Sources: Amy Knapp, publisher and creator of the Family Organizer; Martin L. Kutscher, MD, and Marcella Moran, LMHC, authors of Organizing the Disorganized Child; Sally Mounts, PsyD, president of Auctus Consulting Group; Kathy Peel, author of The Busy Mom's Guide to a Happy, Organized Home



GIVE THEM MORE  
UNSTRUCTURE.

# PUSH PLAY

YOU DECIDE WHAT THEY DRINK.

LEAVE THE REST UP TO THEM.





# all\*you QUICK GET-READY

## GRADE

### K-6



## BREAKFAST

Many Americans start their day with a **bowl of cold cereal**, an easy option when you're trying to get kids off to school. Look for varieties with fewer than 4 grams of sugar.



## LUNCH



Teach kids portion control with the free printable guides at [nourishinteractive.com](http://nourishinteractive.com).

### MIDDLE SCHOOL



Tweens and teens require more calcium than younger children. Tempt them with nutritious **yogurt parfaits**, made with fruit to provide them with some fiber, too.



Packing your kid's lunch in a container with **several compartments** lets you offer a variety of foods.



### HIGH SCHOOL



Late-rising teenagers might not have time to sit down for breakfast. Keep homemade **egg burritos** in the freezer so your kids can pop them in the microwave and eat them on the go.



### COLLEGE



If she has a microwave in her room, send care packets of plain **instant oatmeal** and raisins. She can whip up a cup in less time than it takes to scroll through her messages.

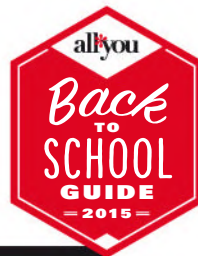


Taking the time to sit down and **eat slowly** can help a student stave off the "freshman 15." The body feels fuller sooner, so fewer calories are consumed.





# TIPS FOR EVERY GRADE



## SNACKS

Homemade banana nut muffins, a breakfast classic, are also great **after-school treats**. Bake a double batch and keep some in the freezer.



## HEALTH

On days your kids don't have gym or after-school sports, try to find other ways to help them get 60 minutes of physical activity.



## STYLE

Putting together outfits helps kids understand how to pair colors, and using fashion as a means of expression can boost self-confidence, so encourage kids to dress themselves.



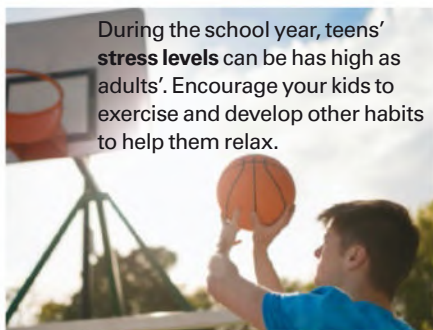
Help kids steer clear of the vending machines by including **healthy snacks** such as trail mix and fruit, plus a bottle of water, in their backpack.



Now's the time for flu prevention! The American Academy of Pediatrics recommends that everyone 6 months and older **get a flu vaccine** annually.



During the school year, teens' **stress levels** can be as high as adults'. Encourage your kids to exercise and develop other habits to help them relax.



A trademark look—basic pieces such as skinny jeans with cardigans over T-shirts—makes getting dressed easier for her, and it helps save money for you!

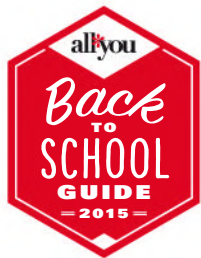


With all that studying (and partying), your college student might need to be reminded that he still needs seven to nine hours of **sleep** each night.



Use the Digimarc Discover app (details on page 2) to scan **THIS PHOTO** and launch the custom All You BTS Shopping Tool.





# find more hours IN THE DAY!

Become your own efficiency expert with easy life hacks that leave you with time to spare

We're a few weeks away from turning back the clocks, but you can experience that feeling of gaining an extra hour (or more) right now—even as school gets into full swing. With simple adjustments to your routine, you'll get through your to-dos and find free time for family, friends and you *By Sarah Stebbins*

## REGULATE E-MAIL

You're working away on your computer and—*ping!*—you stop to check e-mail. Before you finish reading, *ping!* And on it goes throughout the day. According to a University of California at Irvine study, it takes an average of 25 minutes to get back to a task after an interruption; about 23 percent of the time, people don't return to their initial task on the same day. In addition to making it difficult to cross items off a to-do list, multitasking releases cortisol in the brain, and that contributes to stress and memory loss. A better approach: Carve out time—maybe half an hour three or four times a day—to process e-mail, and turn off alerts in between.


**YOU'LL SAVE** 30 minutes or more per day  
**ENOUGH TIME TO** Surprise your mother with a phone call (you'll make her so happy)

## WORK IN CHORES ON WEEKDAYS

Instead of saving all your cleaning and errands for the weekend, try wiping down the bathroom on, say, Tuesday morning after your shower (as a bonus, steam helps loosen soap scum) and picking up birthday gifts during your lunch hour. Seizing small time windows throughout the week forces you to be more efficient. The theory: Chores "expand" to fill available space, so if you give them less time, they'll take less time. And you're rewarded with an actual day of rest.

**YOU'LL SAVE** 2 hours or more per week  
**ENOUGH TIME TO** Take your kids to the park and out for ice cream



  
**SAVE TIME AND WORRY LESS ABOUT BACK-TO-SCHOOL TASKS. SCAN THIS IMAGE TO LAUNCH OUR BTS SHOPPING TOOL.**  
See page 2.





**YOU'LL SAVE  
20 MINUTES  
PER WEEK  
IF YOU ELIMINATE  
ONE LOAD**

**ENOUGH  
TIME TO  
GIVE YOURSELF  
A PEDICURE**

## DO LESS LAUNDRY

If you feel like you spend your life doing laundry, you're not that far off. The U.S. Environmental Protection Agency estimates that, on average, a family cycles through almost 400 loads per year. Chances are you can go longer between washings. Unless jeans, trousers and skirts are smelly or visibly soiled, they can be worn up to five times before cleaning. You can get four wears out of PJs and two or three out of tops, dresses, bras and camisoles. Launder T-shirts and tank tops after every wear, and sheets and towels weekly. Organize loads by family members—put kids' stuff in one and parents' in another—to save time when sorting and folding.

## TACKLE THE WORST TASK FIRST

The motivation you give your kids—"Eat your broccoli; then you can have ice cream"—has a persuasive effect on adults, too. Research by David Premack, emeritus professor of psychology at the University of Pennsylvania, found that people complete tasks up to 50 percent faster when they start with the most difficult or undesirable one, then "reward" themselves with things that are more enjoyable. So you're more likely to power through bill-paying if you know you'll get to spend the afternoon planning a fund-raiser you're excited about.

**YOU'LL SAVE** 60 minutes or more per day  
**ENOUGH TIME TO** Celebrate your accomplishments during happy hour

## AVOID SUPERMARKET CROWDS

Weekend days and right after work are the busiest shopping windows, so you're likely to spend more time than snaking through the aisles and waiting in line at checkout than if you went during off-peak hours. Stores typically empty out after 9 p.m., so consider shopping early in the week after your kids have gone to bed. Many grocery stores release their weekly circulars on Tuesday or Wednesday, so by shopping early in the week, you can pick up sale items while they are still in stock.

**YOU'LL SAVE** 15 minutes per trip  
**ENOUGH TIME TO** Soak in the tub when you get home

## RUN ERRANDS EFFICIENTLY

When faced with an afternoon of driving around, think like delivery companies. To cut time and expense, those businesses map out routes ahead of time, stopping at the farthest location first, then working their way toward home with little backtracking. Having one longer leg in your journey gives you a window to call a friend (hands-free!) or listen to an audiobook. And thinking through the trip before you hop into the car forces you to set realistic expectations about what you can do.

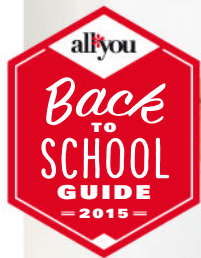
**YOU'LL SAVE** 30 minutes or more  
**ENOUGH TIME TO** Pick out a new top, or lipstick, while you're out

## DECLUTTER YOUR DESK

What do Mark Twain, Pablo Picasso and Facebook's chief operating officer, Sheryl Sandberg, have in common? Besides having brilliant minds, they all kept/keep impeccably organized work spaces. Some experts say there's a correlation. Personal mementos, aside from one or two photographs to help inspire you, are nonessential items that can slow you down. If you have a messy desk, you're also more likely to waste time looking for things, something American workers spend about 13 percent of their time doing when they're on the clock, according to Integra Workshops, a performance coaching firm in Yorktown Heights, N.Y. To minimize distractions, keep out only the papers that are crucial to what you're working on. Display photos and kids' artwork up high or off to the side, out of your line of sight. At the end of each day, reset your work space so you start tomorrow with a clean slate.

**YOU'LL SAVE** 20 minutes or more per day  
**ENOUGH TIME TO** Enjoy an afternoon break for iced coffee—away from your desk





**YOU'LL SAVE**  
**1¼ HOURS**  
**OR MORE**  
**PER WEEK**

**ENOUGH**  
**TIME TO**  
**TAKE A YOGA CLASS**  
**OR LONG WALK**

## PUT DINNER ON AUTOPILOT

Planning meals, shopping and preparing dinners ahead of time can easily eat up an afternoon. To shave time off food chores, experts advise, identify 10 or so dinners you can whip up from memory in 20 minutes or less and rotate through them each week. Use Cozi or a similar app to save items you routinely buy. Then you can stop reinventing the grocery list and speed through the store. If you enjoy cooking, make a special meal once or twice a week when you're relaxed, not rushed.

**YOU'LL SAVE** 10 minutes or more  
**ENOUGH TIME TO** Eat a sit-down breakfast as a family and discuss the day ahead of you

## WHIZ THROUGH DISHWASHING

We spend approximately 23 minutes per day on dishwashing chores, according to a recent survey by OxiClean detergent manufacturer Church and Dwight. Nearly 9 in 10 of us squander part of that time rinsing dishes before loading them into the machine—a step experts, and 79 percent of people surveyed, agree is unnecessary. From now on, scrape plates and bowls and put them directly into the washer with soiled sides facing in so they get hit with the spray.

**YOU'LL SAVE** 5 minutes per day  
**ENOUGH TIME TO** Update your status and post some photographs on Facebook

## PREP LIKE A PROFESSIONAL CHEF

Restaurant cooks set out all the ingredients and utensils needed to make a meal before they get started, a strategy you can use to save steps and help you stay focused. Chefs also systematically clean their workstations and utensils as they cook, to lessen the risk of bacteria from one food contaminating another. At home, loading the dishwasher and washing pots while waiting for a sauce to simmer greatly reduces the time spent cleaning up later.

**YOU'LL SAVE** 15 minutes  
**ENOUGH TIME TO** Whip up dessert

## DEEP-CLEAN THE HOUSE IN THE AFTERNOON

From about 4 to 6 p.m., your body temperature is rising (so joints and muscles are warmed up), hand-eye coordination is at its peak and mood levels are high, making this an ideal time to tackle a physical task such as washing windows or scrubbing the tub. It's no coincidence Olympic records are set disproportionately in the late afternoon. Switching from a sedentary task, like computer work, to one that's high-energy also has a motivating effect that can help you cross the finish line a little faster.

**YOU'LL SAVE** 5 to 10 minutes  
**ENOUGH TIME TO** Read this whole article

*Sources: Steve Boorstein, co-author of The Clothing Doctor's 99 Secrets to Cleaning and Clothing Care; Matthew Edlund, MD, author of The Body Clock Advantage; Alex Guarnaschelli, a Food Network Iron Chef and author of Old-School Comfort Food; Andrew Mellen, organizational expert at andrewmellen.com; Julie Morgenstern, author of Never Check E-mail in the Morning; Paul Silverman, founder of Integra Workshops, a performance coaching firm in Yorktown Heights, N.Y.; Laura Vanderkam, author of I Know How She Does It; Julie Watson, women's divisional merchandise manager, Lands' End; Andrea Woroch, consumer savings expert*





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OUR EXPERT  
LENA C.  
FRANCE, DVM

# Vent to a Vet

Got pet problems? Not to worry. Veterinarian Lena C. France is here to help you solve your cat and canine quandaries



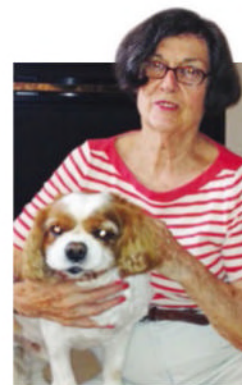
## MY DOG GOT SPRAYED!

**"What is the best way to remove skunk spray from my dog's coat?"**

—Ann Meenan, 82, Bel Air, Md.

### HERE'S HELP!

Don't bother slathering your dog in tomato juice—I don't know where that old wives' tale originated, but it just doesn't work. I've developed a DIY mixture that does a great job of removing the stink. To make it, combine 1 quart hydrogen peroxide, ¼ cup baking soda and 2 tablespoons dishwashing soap. Mix it in a bucket and sponge it onto your dog, then rinse it off after 10 minutes or so. (Be sure to wear gloves or you'll start smelling like the skunk yourself, and don't try to bottle the mixture.) If your dog got sprayed pretty bad, you might have to treat him with the solution more than once. From a health standpoint, know that if the skunk mist gets in your pet's eyes, they might become irritated or infected. If that happens, visit the vet. Skunks are major carriers of rabies, so double-check that your pet hasn't been bitten. In rare cases, dogs develop anemia after getting sprayed. I have never seen that happen in my practice, though. If you want to prevent an encounter with a skunk, avoid letting your dogs out at dusk and dawn. Skunks are nocturnal creatures, and those are their prime feeding times.



### How do I help my dog recuperate?

**"I'm looking for physical exercises for my oldest dog that will build up her back leg muscles. She is recovering from a health issue, which left her hind legs weak. I have tried dancing with her, but she isn't able to stand for too long. What should I do to strengthen her back legs?"**

—Sandy Weinstein, 62, Wake Forest, N.C.

### HERE'S HELP!

Try swimming activities. She can float, which would take the pressure off her hind legs, yet the water can still give her the resistance she needs to build those muscles. Note: You'll want to help her in and out of the pool (and ideally stay with her once she's in, especially while she's getting over a health issue). Certain cities have pet aquatic rehabilitation facilities if you decide to go the professional route; some even have underwater treadmills. You can massage her legs, too. Doing so loosens them up so she walks more—which also can help her get strength back.







*What should I feed my old dogs? "I have two senior dogs, Buster and Melvin. Is there a specific type of food they should be eating to keep them happy and healthy in their old age?"*

—Michelle Sathe, 46, Canyon Country, Calif.



### HERE'S HELP!

Go with food specifically designed for older dogs. Many kibble varieties for senior dogs now contain glucosamine and chondroitin, which help with joint health.

(Like humans, dogs' joints start to deteriorate with old age.) Also, food with antioxidants can help prevent damage from free radicals. Finally, look for a food that has less fat. It's hard to keep excess weight off older dogs, because of their limited mobility, so check the label and be sure that your dogs' food has a lower fat percentage than other brands at the supermarket.



## OUR DOG NEEDS TO LOSE WEIGHT!



*"Thunder is a little heavier than he probably should be. What helps a dog lose weight—more exercise or less food?"*

—Rachel Bingman, 35, Brooklyn, N.Y.

### HERE'S HELP!

It's important that your dog exercise in order to lose weight. When it comes to food, though, instead of giving Thunder less, switch him to a diet-food formula that's higher in protein and lower in carbohydrates and calories. (Your veterinarian can suggest some brands or might even write you a prescription.) That way, Thunder won't be missing out on essential nutrients. Also, giving Thunder diet food can help him lose weight slowly—which is much healthier than the rapid weight loss that could occur if you cut his food in half. Consider meeting with your vet to come up with a slim-down strategy.

*"Is that chicken I smell?"*



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OUR EXPERT  
KRISTEN C.  
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# Smart Family Advice

Sound strategies for a happier home life



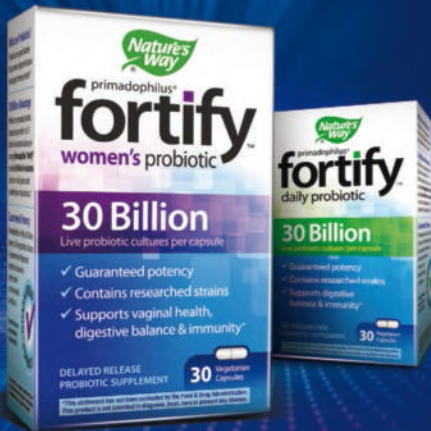
## When your kid sees the glass half-empty

Does your child or teen tend to take a negative perspective on every schoolyard scenario? We all know there are Debbie Downers in our world, but it can be a challenge when your own child is naturally wired to be pessimistic. Sometimes we parents unintentionally reinforce the idea by “interviewing for pain.” We might ask questions about or give attention to the drama or problems in our child’s

life (“Was Mrs. Smith still a grouch today?” or “Did Katie snub you at lunch again?”). If you have an Eeyore at home, encourage her to focus on positives first. Ask your child about the best part of school, or have everyone around the dinner table list the happiest moment of their day. And if complaining does happen, encourage your child to try to reframe the negative in a more positive light.

Kristen C. Wynns, PhD, a child and adolescent psychologist, is owner of Wynns Family Psychology ([wynnsfamilypsychology.com](http://wynnsfamilypsychology.com)) in Cary, N.C. Have a question for her? Visit [allyou.com/askwynns](http://allyou.com/askwynns).

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## Get psyched for the school year

The last load of beach towels has been washed. The smell of sunscreen has faded. Flip-flops have been tossed aside for sneakers. It's back-to-school time. Although parents often count down the days until classes start, many kids have difficulty transitioning to the structure of the school day. It's common for children and teens to get the blues as they long to hold on to the freedom of summer. As parents, we can help by easing the child into her routines. If your child hasn't started school yet, reestablishing bedtimes

and regular meals, as well as daily chores, can gently remind him of the school schedule. (For tips on better daily routines, see page 76.) Then battle the humdrum by planning a bonfire, making a family scrapbook of the summer or giving each child a budget for a school-shopping trip. (You can do those things even if your kids are already back in the classroom!) Finally, have your children list unique goals for the school year on their own dry-erase board—which can spark excitement about a new grade.



## 'HOMEWORK' FOR PET OWNERS

Cats and dogs likely mourn back-to-school time as much as their human buddies! Their playmates and companions are no longer around to throw a ball or snuggle, and kids often get focused on sports and homework and have less motivation or time to care for pets. To make sure Fluffy and Fido aren't shortchanged, include pet duties as a part of your child's after-school routine. Ask your kids to take the dog out when they throw a football or to hold the cat during a homework break.



### CUT KID CLUTTER

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## SPORTS

**BUY GENDER-NEUTRAL.** If you opt for styles and colors that appeal to both boys and girls, you won't have to re-up for the younger kids in the family.

## EXTEND THE LIFE OF PRICEY

**GEAR.** Limit when your kids can wear cleats or other expensive items—outside of practice and competition, it's back to sneakers and flip-flops.

**SHOP FOR GENTLY WORN.** Buy equipment from a reseller such as Play It Again Sports ([playitagainsports.com](http://playitagainsports.com)), or consign last year's gear there.

## ART

**LEARN ONLINE.** Check out craft stores, Pinterest and YouTube for free how-tos in drawing, painting, photography and crafts. [Craftsy.com](http://Craftsy.com) and [thriveart.com](http://thriveart.com) offer lessons for \$15 to \$80.

## USE DISCOUNTED GIFT CARDS.

Buy and sell gift cards at [cardpool.com](http://cardpool.com), [giftcardgranny.com](http://giftcardgranny.com) and [raise.com](http://raise.com). You might pay \$40 for a \$50 gift card to Michaels or another art supply store—a 20 percent savings—and that's not even counting any coupons you have.

## MUSIC

**WAIT TO BUY UNTIL YOUR CHILD COMMITS.** Rent an instrument from a music store or school before you plunk down the full price of a violin or flute.

**SELL THE OLD TO PAY FOR THE NEW.** Have an un-strummed guitar in the attic? Hawk it at musical marketplace [reverb.com](http://reverb.com) (when you're ready to buy, you can shop there, too). The website offers reviews and guides to ensure you get or pay a fair price.

**SWAP SKILL SETS.** Lots of adults have mad skills, and by pooling your talents, you can really save. A musically inclined friend could teach your children to play the piano, for example, while you show hers how to knit or sew.

# Slash the Cost of Extracurricular ACTIVITIES

After-school extras can sap your savings. Let these work-arounds enrich your kids—without draining your bank account

## DANCE

### PAY TUITION UP FRONT.

Some studios will agree to a 10 percent break if you settle up at the start of the course rather than paying every month.

### HIRE A TALENTED OLDER

**KID.** She'll be jazzed that she's earning money (say, \$5 per head for your child plus two or three friends), your little ones will be stoked and you might be able to hold the classes at home (less driving for you!).

**BUY DANCE CLOTHING AND SHOES FROM BIG-BOX DISCOUNTERS.** Your child is dancing only a few hours each week, and her foot might have grown half a size in the time it took to read this sentence.

\$400

THE AVERAGE AMOUNT PARENTS SPEND ON ENRICHMENT ACTIVITIES DURING THE SCHOOL YEAR.

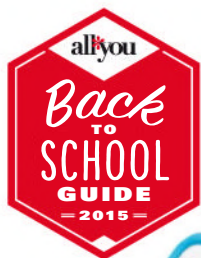
Source: RetailMeNot

Sources: Kim Anderson, creator of [ThriftyLittleMom.com](http://ThriftyLittleMom.com); Joanie Derner, co-founder of [TheKrazyCouponLady.com](http://TheKrazyCouponLady.com); Amy Suardi, founder of [Frugal-Mama.com](http://Frugal-Mama.com); Sara Tetreault, founder of [GoGingham.com](http://GoGingham.com)



**'I SAVED ON SOCCER'** *"It seemed like a good starter sport when my son was 3, but the programs were expensive. So my husband coached. I handled the outreach. We charged \$25 for nets, balls, cones and T-shirts. All the parents contributed snacks and helped out at games. We used what was left over for a picnic on the last day."* —Becky Hutcheson, 43, Brooklyn, N.Y.





### SPRINT WEGO

An easy-to-use starter phone (there's just one button), the WeGo features tracking and up to 20 numbers for one-touch calling and texting. There are 50 preprogrammed messages including "Yes," "No," "I'm at home," "I'm at school" and "I need a ride." In an emergency, your child can pull a string to emit a panic alarm and notify you via text. Ideal for active kids ages 7 to 11, it's water-resistant and shatterproof.

**\$120 plus a \$10-per-month service plan for current Sprint customers.**

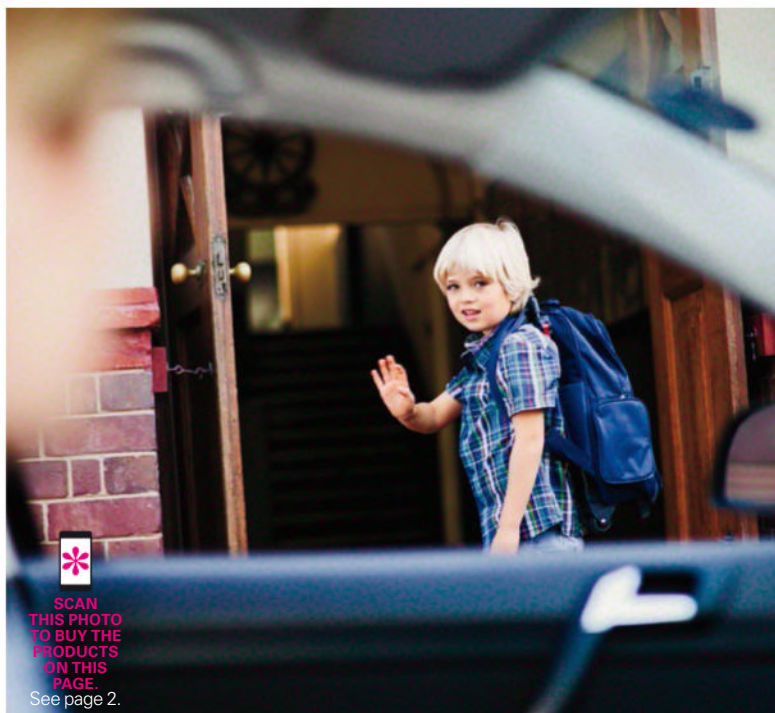


### PRESENCE

Have an old iOS device

lying around? Turn it into a security camera using the free Presence app (iOS). Set motion-detection alerts for notification when your children walk through the front door, or simply use it to monitor the house. You can access the video stream through the app or a Web browser.

**Requires at least an iPhone 3GS, iPad 2 or iPod Touch 4G running iOS 6.**



SCAN THIS PHOTO TO BUY THE PRODUCTS ON THIS PAGE. See page 2.

# Keep Kids Safe After School

No, you can't keep an eye on them all day, but you *can* get some peace of mind with the help of these handy gadgets and free apps *By Jeana Tahnk*



### CANARY TEEN SAFETY

Teen drivers are a worry for parents. With the free Canary Teen Safety app (Android, iOS) on your phone and your teen's, you can be a backseat driver from afar. The app alerts you when your teen exceeds the speed limit or uses the phone while driving. You also can get notified when the teen strays beyond designated areas.

### LG GIZMOPAL

The wearable GizmoPal offers GPS tracking and a speakerphone for calling up to two registered numbers; there's no texting capability. Its colorful wrist strap (available in pink or blue), easy interface and limited features make it a smart choice for children ages 4 to 8—helpful whether they're with the sitter or getting off the school bus.

**\$80 plus a \$5-per-month service plan through Verizon.**



### SCHLAGE TOUCH CENTURY DEAD BOLT

Quit worrying that your kids will lose their keys—again. With this programmable touch-access dead bolt, your child just taps a numeric sequence into the LED-illuminated keypad to unlock the door. The keypad is designed for all-season use: It works in the rain and even if you're wearing gloves. What's more, the memory can hold up to 19 access codes—which means you can customize an unforgettable password for each child to ensure that none will get locked out.

**\$129 (for satin nickel finish); homedepot.com.**



### LIFE360 FAMILY LOCATOR

Busy family members scattered in different places throughout the day? The free Life360 app (Android, iOS, Windows) lets everyone reconnect and check in with their smartphones from wherever they are. Create a circle with family members and receive notifications on everyone's whereabouts to make sure people have reached their destinations safely. You also can communicate to individuals or groups within the app, so it works like a private social network.



### DON'T DITCH YOUR LANDLINE

Phones on landlines make it easier for 911 operators and first responders to locate a caller. And if there's an emergency, your kids won't need to do searching for a phone—it's tethered to the wall.



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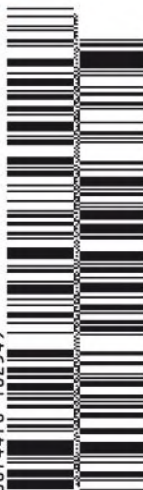
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# Our 10 Best GROCERY SAVINGS TIPS EVER

Thanks to avian flu, drought, crop disease and other woes, food prices are climbing. So it makes more sense than ever to shop wisely. We've rounded up our favorite ways to cut costs on groceries. Read on and secure lower totals at the checkout

## 1 KEEP A PRICE LOG

MONITOR THE COSTS OF GROCERIES YOU BUY REGULARLY BY JOTTING THEM DOWN IN A NOTEBOOK. **YOU CAN SEE HOW OFTEN THINGS GO ON SALE AND PLAN ACCORDINGLY.** FOR EXAMPLE, IF YOU FIND CHICKEN IS DISCOUNTED EVERY THREE WEEKS, BUY THREE WEEKS' WORTH WHEN THE PRICE IS RIGHT AND FREEZE WHAT YOU CAN'T USE IMMEDIATELY.

2

## TIME THINGS RIGHT

Most grocery stores' sales cycles begin on Wednesday. Avoid the first two days of the month, when government-aid checks are issued, as some stores raise prices then. Consider shopping after 4 p.m., when you might be able to nab half-price baked goods. And know the best times of the year to buy things that can be frozen or stored in your pantry. Turkey prices are slashed after holidays, for instance, while cereal manufacturers often offer deals during back-to-school season.

"NEXT TIME I'LL  
DOWNLOAD  
MORE COUPONS!"



# 3 RELY ON A FEW GOOD APPS

WANT COUPONS FOR ITEMS YOU BUY REGULARLY? USE **GROCERY IQ** TO FIND THEM AND LOAD THEM ONTO YOUR SAVINGS CARD. ON THE HUNT FOR ROCK-BOTTOM PRICES? **GROCERY PAL** DETERMINES WHETHER THE STORE YOU'VE INPUT HAS THE BEST DEAL AND NOTIFIES YOU IF A NEARBY COMPETITOR DOES INSTEAD. FOR DEALS ON ORGANIC FOODS, TAP ON **BERRYCART**, THE ONLY REBATE PLATFORM DEDICATED TO ORGANIC, GLUTEN-FREE AND NON-GMO ITEMS FROM MORE THAN 100,000 STORES.



4

BUY TP IN BULK AT DOLLAR STORES.

## KNOW WHERE TO SHOP FOR WHAT

Supermarkets don't always have the best deals. Milk is a loss leader at drugstores, so it can be 20 percent (or more) cheaper there than at the grocery store. Similarly, you can find lower prices on fish and meat at warehouse clubs and on canned and boxed goods at big-box stores. Shop for cleaning products and paper goods at dollar stores.

5

## TAKE FULL ADVANTAGE OF YOUR LOYALTY CARD

Each time you sign up for a new card, visit the store's website to find out what benefits are available. And be sure to fill out the form requesting your snail mail address, e-mail address or both, so you'll be sent coupons for items you buy often. Can't keep track of all your cards? Use the CardStar app to import all the bar codes and scan your phone at the checkout instead of your card.

6

## HIT THE STORES ALONE

Taking the kids along means 1) you might give in to their demands for things you would not buy otherwise and 2) you might linger over items you'd typically speed past. That could add as much as 40 percent to your grocery bill, industry experts say.

LET THIS GUY HELP YOU FIND WAYS TO SAVE.



7

## BEFRIEND THE BUTCHER

ASK HIM WHICH DAYS HE PUTS OUT THE "QUICK SALE" ITEMS (DISCOUNTED MEATS THAT ARE NEARING THEIR EXPIRATION DATE) SO YOU CAN SNAP THEM UP TO USE NOW OR FREEZE FOR LATER. AND **WHEN CHEAPER ROASTS GO ON SALE, HAVE HIM GRIND ONE INTO HAMBURGER FOR YOU.** YOU COULD SAVE UP TO \$2.50 A POUND OVER REGULAR GROUND BEEF.



8

## BEWARE THE DELI COUNTER

You often can do better shopping elsewhere in the grocery store for deli items. For instance, American cheese might cost up to 30 percent more at the deli counter than in the dairy case. And a 7.5-ounce container of sliced ham can run more than \$10 per pound, while a larger smoked ham that you slice yourself usually costs far less—as little as \$3 a pound.

HEAD TO THE FREEZER CASE FOR FISH.



9

## CONSIDER FROZEN OVER FRESH

The nutritional value is similar, and when fresh fruits and vegetables are out of season, frozen produce is a better bet for both flavor and price. Frozen seafood is a deal, too—up to 40 percent less than what you'd pay at the seafood counter. And oddly enough, the freshest fish and shrimp can usually be found in the frozen-food aisle. Fish frequently is frozen immediately on the boat, whereas seafood labeled *fresh* might actually have been frozen and then thawed improperly.

10

## DON'T LET ONE GOOD DEAL DRIVE YOU

IF YOU DECIDE TO MAKE LASAGNA BECAUSE GROUND BEEF IS 30 PERCENT OFF THIS WEEK, **YOU COULD END UP BUYING FULL-PRICE TOMATO SAUCE AND NOODLES.** INSTEAD, GRAB JUST THE BEEF AND FREEZE IT. CONTINUE TO COLLECT THE INGREDIENTS AS THEY GO ON SALE, THEN PULL TOGETHER MEALS USING ITEMS FROM YOUR PANTRY AND FREEZER.





# Can You Trust Your **Medical Bill?**

Errors are a lot more common than you might think. Here's how to weed out mistakes—and keep costs down

By Katherine Hobson

And you thought *examining gowns* were scary! Consider this: Odds are, there's a mistake in that medical bill you just opened. According to a NerdWallet analysis of 2013 hospital audits by Medicare, 49 percent of bills contained errors, and some medical centers messed up on more than 80 percent of claims to Medicare. Those flubs matter to consumers more than ever, because greater health insurance cost-sharing and higher deductibles mean that a mistake can take a chomp out of your wallet. What's more, billing errors can be tough to spot and tougher to fix. Disputes can drag on, and if you don't take the right steps, your account could be put into collections. Ensure a clean bill of health with these steps.

## *first...* **Decode your bill**

### **COMPARE STATEMENTS**

Don't pay your doctor's bill until you receive an explanation of benefits (EOB) form from your insurer. Both statements tell you the amount being charged for your procedures, the amount your insurer is paying and what you owe. The totals should match—and if they don't, it's time to do some digging. (Keep in mind: Sometimes the doctor or hospital will send an invoice before receiving the full insurance payment, so the bill is for more than you actually owe. Wait until your insurance statement comes to find out what you're responsible for.)

### **GET AN ITEMIZED LIST**

Some bills might list only a total amount owed, even if you underwent more than one procedure. If charges are lumped together in broad categories—"lab tests," say—call the billing department of your provider or hospital to request an itemized bill so you can see every single service for which you're being asked to pay. That makes it easier to spot errors.

### **CHECK THE CPT CODES**

Doctors use current procedural terminology (CPT) codes to categorize treatments and procedures. You can find those numerical codes on your EOB; google the digits to find out what they stand for.



next...

## Look closely and ask questions

### ARE THERE OBVIOUS ERRORS?

A misspelled name, incorrect insurance policy number, the wrong procedure code—any of these things can lead to your claim being denied. Also, check for “phantom” services that weren’t performed (such as tests that ended up being canceled) and duplicate charges (being billed twice for a single procedure). If you spot an error, ask your doctor to resubmit the bill.

### WAS YOUR CO-PAY APPLIED?

If you paid at the MD’s office, check to see if that amount was deducted from the bill.

### WERE YOU “BALANCE BILLED”?

An in-network doctor’s agreement with the insurance company usually requires that she accept the insurer’s check—along with your co-pay or coinsurance—as payment in full, but some doctors might try to bill you for the rest. (Say the doctor billed \$600 for a procedure but the insurer paid only \$250. By law, the doctor can’t charge you for the other \$350.) Your insurance statement will confirm what your responsibility is; give a copy of that to your doctor.

### ARE THERE UNBUNDLED FEES?

This means being billed item by item for things that should have been grouped together as part of a lower-priced package. Take, for example, the fee for delivering a baby: lab tests, IVs, the delivery itself and postnatal care are charges that should be bundled. Scan your bill for words such as *kit* and *tray* (each of these terms covers charges for multiple items).

### WERE YOU “UP-CODED”?

If a doctor removes a splinter from your foot and bills the insurance company for surgery, your share might amount to hundreds of dollars. If charges seem unreasonable, google the CPT code. If the description of the procedure doesn’t jibe with what you had done, call your provider and your insurer and ask for a correction.

### DOES THE TIMING SEEM OFF?

If you stayed in the hospital overnight, double-check the room-and-board charges. Although many plans don’t allow hospitals to bill you for the day you were discharged, some hospitals do. And look for the time you were admitted: If you went to the ER at, say, 10 p.m. but weren’t admitted to the hospital until after midnight, you shouldn’t be billed for the previous day.

### KNOW BEFORE YOU GO

*Follow these tips to help prevent mistakes from happening in the first place.*

► Once you’ve scheduled a procedure, phone your provider and ask how much she will charge, along with which CPT codes she’ll be submitting to your insurer. Then go to your insurer’s website to see what your plan will cover. Another handy source: [guroo.com](http://guroo.com), which gives a range of prices in your area for more than 70 nonemergency procedures.

► If you’re going to be hospitalized, call the billing department to ask what the room-and-board fee will be. Also, find out if each of the people who will be treating you (doctor, radiologist, anesthesiologist) participates in your plan.

**52%**  
The amount of all debt on credit reports because of medical bills

Source: U.S. Consumer Financial Protection Bureau

## finally... Take action

### GO RIGHT TO THE SOURCE

Address questionable fees with your provider’s billing department and your insurer, asking them to double-check the details. Write down the name of the person you spoke to and what you were told. If you’re unable to resolve it with your provider, dial things up a notch: Put your concerns in writing and send them to your insurance company; the firm can work with you to file an appeal to dispute the charge. Send a copy of the dispute or appeal letter, along with any documentation you have, to your state’s attorney general or the insurance commissioner. (Google “medical billing problem” and the name of your state—that should lead you to the right place.)

### MOVE QUICKLY

Typically you don’t have to pay disputed charges until the investigation is complete, but do pay the rest of the bill—that would show that you’re not just blowing it off. (You don’t want your provider to turn your debt over to a collection agency—which would slam your credit score.) Send a letter with the check, letting your provider know that your insurer is looking into things. Likewise, alert the credit bureaus to the ongoing dispute by sending a letter explaining the details of your claim. Every four weeks, update both parties on the status of your claim, and check your credit reports to make sure that the disputed bill doesn’t end up on the report as an unpaid account.



**CHECK, PLEASE!** Don’t have the time—or the patience—to scan your bills for errors? Go to [billadvocates.com](http://billadvocates.com) or [claims.org](http://claims.org) and find an expert to do it for you. Advocates usually get an hourly rate (starting at around \$50) or work on commission (about 30 percent of what you end up saving). Considering the amount of money you might owe otherwise, that could end up being a pretty sweet deal.





OUR EXPERT  
MARGARET  
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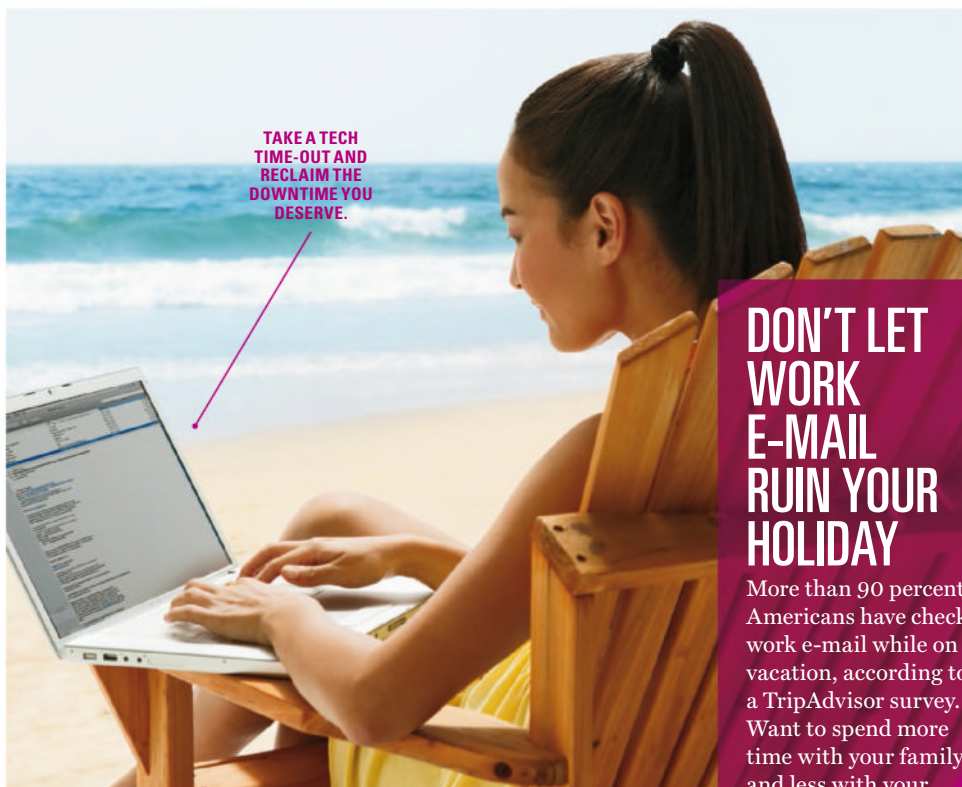
# Smart Money Advice

Sock away more savings with our savvy finance tips



## FINANCE YOUR HOME PROJECTS

If you're planning to remodel, you might be thinking about using a home equity line of credit (Heloc) to fund the project. A Heloc works like a credit card but with your home as collateral. You draw money from it as you need—flexibility that's appealing given that final renovation costs typically exceed initial estimates. The problem is that the rate (now averaging 4.73 percent) is variable, and with interest rates expected to rise this year, you're taking a leap of faith. A home equity loan, which comes only in a set amount and must be paid back in monthly installments, has a higher rate (about 6 percent now), but the rate is fixed. So it could end up being the cheaper option if you take several years to pay off what you owe.



TAKE A TECH  
TIME-OUT AND  
RECLAIM THE  
DOWNTIME YOU  
DESERVE.

## DON'T LET WORK E-MAIL RUIN YOUR HOLIDAY

More than 90 percent of Americans have checked work e-mail while on vacation, according to a TripAdvisor survey. Want to spend more time with your family and less with your smartphone? A few weeks before you go away, ask a peer you trust to be your proxy on key projects. (Promise to return the favor.) In your out-of-office reply, let people know that you're gone and that your substitute can handle urgent matters. Don't apologize or hint that you'll be checking e-mail. Your firm redirect is certain to reduce the messages you receive.

## Get smart about college savings

For most families, a 529 account is the best place to stash savings for higher education. Investment growth in a 529 is tax-free if the funds are used for college. Some states offer write-offs on contributions to in-state plans, too. See "What's the Best 529 Plan for Me?" at [money.com/money101](http://money.com/money101) (scroll down in the left-hand column).



# 94%

*The percentage of job recruiters who use LinkedIn to find candidates. But only 36 percent of job seekers use the social network in their employment searches. Setting up a profile on [linkedin.com](http://linkedin.com) is free; members can take advantage of free webinars that can help get their profile noticed by recruiters.*

Source: Jobvite



As any smart shopper can tell you, loyalty has its advantages. Of course, that's only if you're able to keep straight all the points, miles, discounts and coupons that you acquire from your favorite stores—and use them before they expire. That's why we like [awardwallet.com](http://awardwallet.com), which lets you input many major loyalty programs (airlines, hotel points, chain restaurants and more) so you can track them in one place and make sure you don't miss a reward. You can add additional accounts for family members and manage them, too.



# People Festival

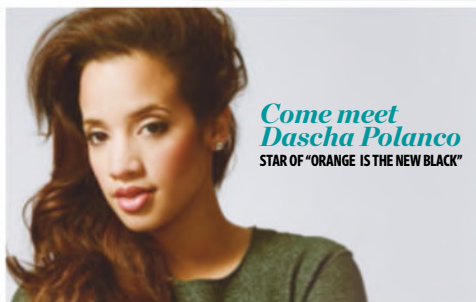
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# YOUR horoscope

SEE WHAT THE STARS HAVE  
IN STORE FOR YOU IN **SEPTEMBER**



## VIRGO (AUG. 23–SEPT. 22)

A solar eclipse in Virgo on the 13th kicks off a half year of personal growth, bringing more control over your future, and Saturn returns to your domestic quarters on the 17th after a three-month respite. With it comes more responsibility—but also a clearer picture of what you'd like your home to look like. This is the beginning of a two-year journey, so start making those Pinterest boards!

### LIBRA (Sept. 23–Oct. 23)

Catch up on all the calls, e-mail and invites you missed while your ruler, Venus, was back-spinning in your friendship zone for the past six weeks. When it resumes forward motion on the 6th, you'll again reside in the heart of your buzzing hive (just the way you like it!).

### SCORPIO (Oct. 24–Nov. 22)

Mars' presence in your professional corner helps you clear a hurdle between the 1st and the 24th. After that, ease off the gas and chill out with friends. Saturn returns to your money realm on the 17th, potentially bringing in more income and helping you stick to your budget.

### SAGITTARIUS (Nov. 23–Dec. 21)

Look for opportunities to make big changes in your professional life over the next six months, thanks to a solar eclipse in that area of your chart. On the 17th, Saturn returns to Sagittarius for the next two years. Tap your self-discipline and go after what your heart most deeply desires!

### CAPRICORN (Dec. 22–Jan. 20)

Pull out the maps and start planning a trip! With a solar eclipse in your travel sphere on the 13th landing next to the expressive sun and expansive Jupiter, a getaway sometime in the next six months would do you a world of good—physically and mentally.

### AQUARIUS (Jan. 21–Feb. 18)

A cosmic quartet shines a spotlight on relationships. Single? Make an effort to put yourself out there—and couples almost can't overdo the romance thing! On the 17th, Saturn solidifies your social network. Weed out the deadweight and make more time for your inner circle.

### PISCES (Feb. 19–March 20)

Saturn returns to your career zone after a three-month leave of absence. If you've been putting in less than 100 percent, it's time to get serious again. Looking to make a move? With motivational Mars in your sector of hard work and organization until the 24th, do some strategic thinking.

### ARIES (March 21–April 20)

Partnerships become top priority when Venus resumes forward movement in your romance corner on the 6th. Better yet: A lunar eclipse lands in Aries on the 27th, helping you surmount an obstacle that's been blocking your own progress for the past six months. Fresh start time!

### TAURUS (April 21–May 21)

With Venus spinning backward until the 6th, hold off on making any new partnerships official. Decisions about cohorts will have far-reaching effects. Take your time and carefully consider all your options. During the lunar eclipse on the 27th, let your intuition be your guide.

### GEMINI (May 22–June 21)

Make the most of a solar eclipse on the 13th by vaulting into a creative project. But be prepared to hurry up and wait: Mercury turns retrograde on the 17th, which could stall things for a few weeks. Use this time for research and planning, and wait until mid-October to blast ahead.

### CANCER (June 22–July 22)

Lucky Venus gets back on track in your money corner on the 6th, and you're ready to hotly pursue a financial goal. On the 13th, a solar eclipse graces you with the gift of gab. On the 27th, a lunar eclipse brightens your career path. Set your compass: Where do you want to be in six months?

### LEO (July 23–Aug. 22)

With Venus and Mars touring Leo together until the 24th, you're a double threat! Your powers of innovative thinking are at their annual peak, plus you've got the energy of a 6-year-old. Thanks to a solar eclipse in your money zone on the 13th, you can look forward to profitable new opportunities.



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# Coffee-Break Fun

Sip a cup of joe and enjoy these brainteasers

**Sudoku** Complete the grid by placing a number in each box. Your goal is to make each row, column and small nine-box square contain the numbers one through nine exactly once.

		1	3					
2	3						9	
7				6	2			1
		5	9				7	8
	7		2		6		1	
1	9				4	3		
9			6	2				7
	5						8	3
					3	9		

**Futoshiki** Each column and row must contain the numbers one through five. The values of adjacent boxes must obey the given greater-than (>) and less-than (<) signs.

			>	2	
^					
		>			
			^		
1		<		<	
					v
v				v	^
	>				<

## Crossword

### ACROSS

1. Personal history, shortly
4. Spoiled kid
8. Sandwich side
12. Commotion
13. Company symbol
14. Draw near
15. Once a year
17. Highest point
18. Biblical pronoun
19. Criminal
20. Weight
23. Drink for Andy Capp
25. Shaft
26. Inside
27. Weird
30. Staircase shape
32. Jumping one
34. Dance
35. Electrical unit
37. Alike
38. Bonfire residue
39. Opposite of fast

### DOWN

1. Woman's undergarment
2. Particle with a charge
3. "On My \_\_\_\_"
4. Dull
5. Star's quest
6. Shining
7. Santa's gift
8. Mark permanently
9. Cuckoo
10. Bullets
11. Calendar unit
16. Articulate
19. Surrender, as territory
20. \_\_\_\_ browns
21. World's fair, e.g.
22. Turn upside down
24. Merry tune
26. Word of grief
27. Milky stone
28. Salesman's model
29. Pulled out
31. On vacation
33. Good quality
36. King's chair
40. Hit sharply
41. Work long and hard
42. Coiffure
43. Property title
45. Atop
46. Streak of gold
48. Human being
49. Swiss mountain
50. Catcher's locale?
51. Positive response

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
				18					19			
20	21	22				23	24					
25						26				27	28	29
30					31			32		33		
34					35		36			37		
					38					39		
40	41	42	43			44	45	46				
47						48				49	50	51
52						53				54		
55						56				57		

\* Solutions on page 106



# Picture Puzzle

**WHITEWATER CHALLENGE** Look for the 14 changes in the bucolic scene below—and avoid being up this creek without a paddle.



**WANT MORE PUZZLES?**  
LIFE picture puzzle books are available at bookstores and online retailers. Check out [life.com/books/puzzle](http://life.com/books/puzzle) and collect the entire series.

\* Solution on page 106



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**7**

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VALUE**



**10**

READERS WILL WIN

**a Calendars.com prize package**

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**12**

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**a Fellowes Powershred  
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VALUE**



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**"Coffee-Break Fun," p. 104**

**SUDOKU**

5	6	1	3	9	7	8	4	2
2	3	4	8	1	5	7	9	6
7	8	9	4	6	2	5	3	1
4	2	5	9	3	1	6	7	8
3	7	8	2	5	6	4	1	9
1	9	6	7	8	4	3	2	5
9	4	3	6	2	8	1	5	7
6	5	7	1	4	9	2	8	3
8	1	2	5	7	3	9	6	4

**FUTOSHIKI**

3	5	4	>	2	1
5	4	>	2	1	3
1	2	<	3	<	4
4	3	1	5	2	
2	>	1	5	3	<

**CROSSWORD**

BIO	BRAT	SLAW			
ROW	LOGO	COME			
ANNUALLY	ACME				
THEE	CROOK				
HEFT	ALE				
AXLE	AMID	ODD			
SPIRAL	LEAPER				
HOP	WATT	SAME			
	ASH	SLOW			
STUDY	ROVE				
LOPE	MONEY	ARY			
AIDE	ANTI	LYE			
FLOD	NEON	PEA			

**PICTURE PUZZLE, p. 105**

No. 1 (A3): One of the trees on the hill is a darker green. No. 2 (A5): Clouds have appeared in the sky. No. 3 (B1): A horse is looking to graze on the hill. Nos. 4 and 5 (B4): Smoke is rising from the chimney, and the dormer on the roof is gone. No. 6 (C1): The RV has grown a little longer. No. 7 (C2): The two people relaxing on the grass are now hidden by a bush. No. 8 (C2 to D2): There is a gap in the water on the spillway. No. 9 (C4): Someone planted a tree on the riverbank. No. 10 (C5): This kayaker is paddling back from his trip. No. 11 (D3): A hazardous rock is visible above the surface. No. 12 (D4 to D5): There's a new orange kayak on the bank. No. 13 (E3): This two-person kayak will now fit only one. No. 14 (E3 to E4): A paddle has been laid atop one of the white kayaks.



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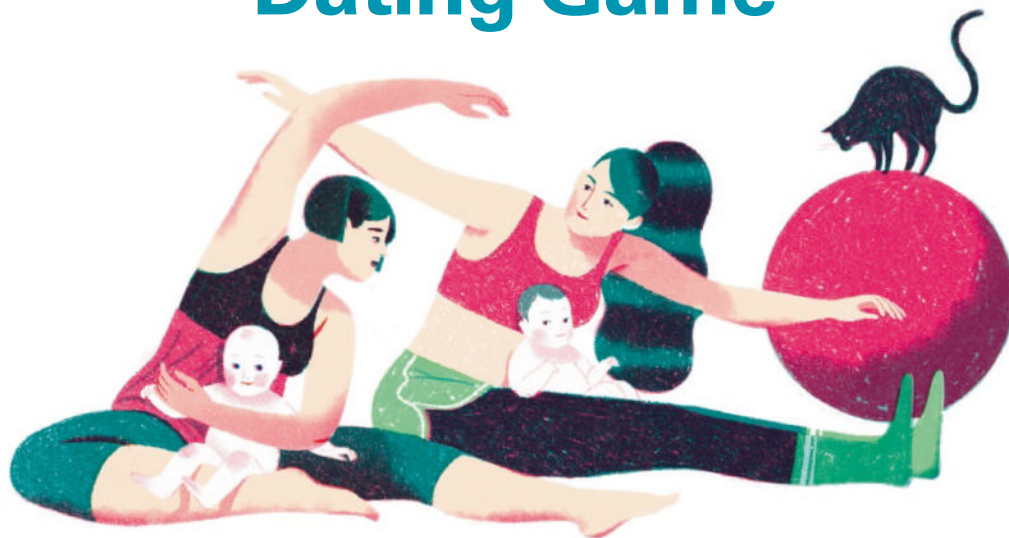
*\*with experience, based on figures from U.S. Dept. of Labor's BLS website*

  **A+ Rating**

CD067



# The Mom-Friend Dating Game



My kids are 6 and 3 years old,  
but I still remember how women were clamoring to give me  
advice during my first pregnancy:

their baby-sleep secrets, which car seat was safest (theirs, natch), the entire birth story of their firstborn. But no one said a word about the tricky business of making friends *after* the cord is cut. It should be simple. Gather mothers with same-age little ones and cue the rainbows and unicorns, right? Not so much.

Whether I was nursing at a moms group or calling for Mr. Sun at sing-along, I was anxious. I hoped my unwashed hair looked more artfully messy than a full-on rat's nest. I felt like a single 20-something spotting a cute guy at a party. I was happily married but, years later, here I was still looking for "the one"—on three hours' sleep and with an infant in my arms.

Logistics alone could kill a match: Kids napping at different times? Don't bother exchanging numbers—that union is doomed.

So why is meeting a fellow mom more fraught than, say, a woman from spin class? My theory is that parenting is amazing and otherworldly, yes, but it's also filled with moments of self-doubt and loneliness. There's a lot riding on these mom-to-mom interactions. When you're feeling emotionally fragile, you don't just *want* friends, you *need* friends.

As with budding romances, there are red flags. I got excited about one bubbly prospect only to discover we had incompatible approaches: She'd researched preschools for her weeks-old baby, and I wasn't sure what I was making for dinner that night. There was my postnatal yoga classmate who got my jokes and also planned to stay home part time...but on different days. We sometimes pass each other on the street and wave, and I wonder about what might have been.

By the time my older one became a toddler, I was no longer scrambling for playdates. I even had a standing kid-free get-together with two mom pals every Friday night at a nail salon that serves cocktails. It's true that, just like dating, I met five duds for every gem. But perseverance paid off, and I've been rewarded with the types of friends who have baby-sat at 4 a.m. and handed over their car keys when my kid needed stitches at the ER. The icing on the cake? After many of us had our second babies, we were able to forgo coffee-shop meetings with new-mom strangers and just hang with each other—whether we'd washed our hair or not. After all, we were off the market.



## THE AUTHOR

**LEXI DWYER** has worked as a writer and editor at *Epicurious*, *Brides*, *Google*, *Gourmet Live*, *people.com* and *today.com*. She lives in Brooklyn, N.Y., with her husband and two daughters.



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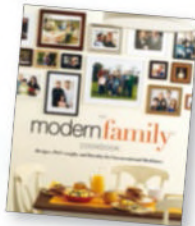


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